

Folic acid

【OFOLC】Folacin® 5mg/Tab

ATC Code : B03BB01

中文名：葉酸膜衣錠 «強生»

適應症：惡性貧血、妊孕性貧血、小兒巨大紅血球貧血及骨髓增生或衰退引起之貧血。

藥理分類：Vitamin, Water Soluble.

用法用量：Administration: orally, taken without regard to meals.

Indications and dosage regimens:

Megaloblastic and macrocytic anemias due to folate deficiency:

1~5 mg QD; up to 15 mg QD.

Anemia (folic acid deficiency):

—Up to 1 mg/day; resistant cases may require larger doses.

—Usual maintenance dosage

0.4 mg/day; for pregnant and lactating women, 0.8 mg/day; never less than 0.1 mg/day.

Infants, 0.1 mg/day; age up to 4 yr, up to 0.3 mg/day; age over 4 yr, 0.4 mg/day.

Recommended dietary allowance (RDA):

—Men, 0.4 mg/day; women, 0.4 mg/day; pregnancy 0.6 mg/day; lactation, 0.5 mg/day.

—1 yr and younger, 65-80 mcg/day; 1-3 yr, 150 mcg/ day; 4-8 yr, 200 mcg/day; 9-13 yr, 300 mcg/day; 14 yr and older, same as adult.

Prevention of neural tube defects:

—Against first occurrence

- All women of childbearing age who are capable of becoming pregnant should take 0.4 mg of folic acid daily. This dose is usually found in any multivitamin.
- Folic acid should be administered at least 1 month before pregnancy and for the first 3 months of pregnancy.

—Against recurrence

Women with history of a pregnancy resulting in a neural tube defect should receive 4 mg/day starting 1 month before pregnancy and throughout the first 3 months of pregnancy.

Toxicity of drug, Methotrexate

1 mg/day orally OR 5 mg/week

(仿單) 惡性貧血、妊孕性貧血、小兒巨大紅血球貧血及骨髓增生或衰退引起之貧血。

成人：起始量 1 天 3 次，1 次 1 錠，服用 14 天或至病情改善，維持量 1 天 1 錠，服用 1~7 天。

兒童：起始量 1 歲以下 0.5 毫克/每公斤體重，1~5 歲每天 1 錠，6~12 歲每天 2 錠，維持量為起始量之半量。

不良反應：食慾不振、噁心、皮膚紅、癢、起疹子等。

注意事項：飯前或飯後服用皆可。大劑量使用時，會使尿液變黃。

懷 孕 期：1. Folate requirements increase during pregnancy (IOM 1998).

2. Folate supplementation during the periconceptual period decreases the risk of neural tube defects. All females planning a pregnancy or who may potentially become pregnant should begin folic acid supplementation prior to conception.

3. Higher doses are required in females at high risk of neural tube defects.

4. Folic acid is also indicated for the treatment of anemias due to folate deficiency in pregnant women.

授乳期： Folate is present in breast milk; concentrations are not affected by dietary intake unless the mother has a severe deficiency. Folate requirements increase in breastfeeding women (*IOM 1998*).