

PRENATAL VITAMINS (CHD MATERNITY CLINICS)

I. DEFINITION:

Prenatal vitamins are vitamin and mineral supplements intended to be taken before and during pregnancy and during postnatal lactation.

II. ELIGIBILITY FOR PRENATAL VITAMINS:

- A. If a woman is pregnant and enrolled in an OSDH maternity clinic, she is eligible to receive prenatal vitamins.
- B. A positive pregnancy test or positive fetal heart tones should be documented for a woman enrolled in maternity clinic.

III. MANAGEMENT PLAN:

A. Treatment:

1. Issue one bottle of prenatal vitamins with instructions to take one vitamin daily.
2. May be issued to enrolled OSDH Prenatal clients or women with a positive pregnancy test who do not qualify for Medicaid, or negative pregnancy test and indicate they are seeking pregnancy.
3. The bottle of prenatal vitamins should be properly labeled and issued to the pregnant woman. Inquiry should be made at subsequent visits to assure that the woman has an adequate supply.
4. If client cannot tolerate prescription prenatal vitamins, she may use OSDH chewable vitamins or any over-the-counter chewable multivitamin.

B. Assess for Preconception Folic Acid Supplementation:

Total daily intake of Folate should not exceed 1.0 mg – therefore once prenatal vitamins are initiated, the Preconception Folic Acid Supplementation should be discontinued. If history of previous child with neural tube defect, refer to PHYSICIAN APPROVED PROTOCOL: FOLIC ACID.

C. Client Education:

Emphasize the importance of adequate nutrition. Women should be instructed to take one vitamin each day. Consuming additional quantities of fat soluble vitamins (i.e. Vitamin A) can cause teratogenic effects on the fetus. If a woman reports nausea or queasiness after taking vitamins she should be encouraged to try various alterations to her pattern of taking the vitamins such as, taking the vitamins at the evening meal and not taking them on an empty stomach.

D. Consultation/Referral:

If a woman has difficulties in ingesting or retaining the vitamins, or finds the vitamins otherwise intolerable, she should be referred to the health care provider.

E. Follow-up:

Inquire at subsequent visits as to the client's use of prenatal vitamins in order to assure that she is taking one daily.

REFERENCE:

Gabbe, S.G., Niebyl, J.R., Galan, H.L., Jauniaux, E. R. M., Landon, M.B., Simpson, J.L., Driscoll, D.A., (2012). *Obstetrics: Normal and Problem Pregnancies* (6th ed.). Philadelphia, PA: Saunders
Institute of Medicine. 2006. *Dietary Reference Intakes - The essential guide to nutrient requirements* (Washington DC: National Academies Press).