

Folic Acid Counseling Protocol

When?

6 week postpartum appointment




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Recertification appointment for a breastfeeding woman

What?

If "Yes"

Certifier reviews question on Women's Diet Questionnaire:
"Are you getting folic acid from one or more of these sources?"

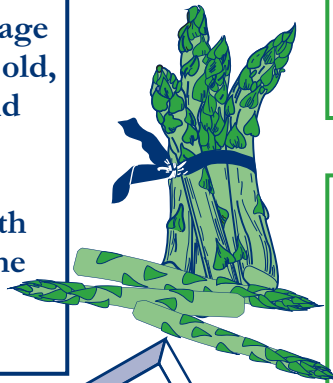
-  Multivitamin
-  Supplemental folic acid
-  Fortified cereals such as Total

If "No", follow these steps

Give positive reinforcement:

"Great job! We encourage all women, young and old, to eat a healthy diet and take a folic acid supplement to prevent having a baby with birth defects. Help us get the message out!"

No referral needed.



U.S. do not get enough folic acid in their usual diets, so just like iron supplements when she was pregnant, folic acid supplements are recommended before pregnancy and after delivery.

2 Eating a varied diet is the best way to get vitamins and other nutrients we need. A folic acid supplement in addition to a healthy diet is important because of its link with preventing birth defects.

3 Give her the WIC cereal pictorial with **folic acid-fortified cereals** identified and encourage her to choose those cereals.

4 Give her the WIC handout with list of folic acid-rich foods and a picture of **folic acid supplement bottle**. Inform the woman she should take supplement with 100% of recommended folic acid amount and that she should also discuss supplementation with her healthcare provider.



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