

# DRUG CARDS | DAILY



NAME(S): **Generic**: folic acid (FOE lik AS id) [aka. folate, Vitamin B-9] | **Brand**: FaLessa

PHARMACOLOGIC & THERAPEUTIC CLASS: Water-Soluble Vitamin | Supplementation

DOSAGE FORM & STRENGTH: **Tabs**: 0.4 mg, 0.8 mg, 1 mg | **Injections**: Multiple strengths

## INDICATION(S) & DOSING(S): ADULTS

1. **Folate-Deficient Megaloblastic Anemia**: Tx Dose 0.4 mg PO qd. Initiate 1 mg PO qd up to a max of 5 mg/day until hematologic correction occurs. If pregnant/breastfeeding typical dosing of 0.8 mg PO/SC/IM/IV qd. Also, doses greater than 1 mg are rarely seen as being more effective.
2. **Tropical Sprue (Malabsorption Dz)**: Tx Dose 3-5 mg PO/SC/IM/IV qd w/ a max of 15 mg/day.
3. **Dietary Supplementation**: Dosing is individualized and based on recommended Vitamin-B9 intake. The recommendation for adults 19 years of age and older is 0.4 mg/day and 0.5-0.6 mg/day in women if pregnant or breastfeeding.

## INDICATION(S) & DOSING(S): PEDIATRICS

1. **Folate-Deficient Megaloblastic Anemia**:
  - **1-11 month of age** – Tx dose b/t 30-45 mcg PO/SC/IM/IV qd. Initiate 15 mcg/kg/dose qd up to 50 mcg/day until hematologic correction.
  - **1-10 years of age** – Tx dose b/t 100-400 mcg PO/SC/IM/IV qd. Initiate 1000 mcg/kg/dose qd up to 5000 mcg/day until hematologic correction.
  - **11 years of age and older** – Tx dose 400 mcg PO/SC/IM/IV qd. Initiate 1000 mcg/kg/dose qd up to 5000 mcg/day until hematologic correction.
2. **Dietary Supplementation**: Dosing is individualized and based on recommended Vitamin-B9 intake. Recommendations for infants and children is between 0.065-0.3 mg (65-300 mcg)/day.

## MECHANISM OF ACTION & PHARMACOLOGY

- **MOA**: Component in DNA synthesis as well as in erythropoiesis. | Hepatically **metabolized**. | **Excreted** via the urine. | **Absorbed** from the GI and almost 100% bioavailable if fasting if from food and ~85-100% if synthetic.

## SPECIAL POPULATIONS & CONSIDERATIONS

- **Pregnancy/Lactation**: Relatively nontoxic, excreted in the breast milk. Recommended daily allowance of 600 mcg/day if pregnant or 500 mcg/day while breastfeeding.

## SIDE EFFECTS

- **Common**: Rash, irritability, altered sleep patterns, flatulence, abdominal pain, nausea, and pruritus.
- **Serious**: Can occur but nothing of note reported.

## DRUG INTERACTIONS

- **Considerations for DI**: Binds to anion exchange resin/polymer and it is a glucaripidase substrate.
- **Some Contraindicated Drug(s) & Drug(s) of Note**: Cholestyramine, colestipol, phenytoin, and green tea.



### MONITORING PARAMETERS

- Nothing major of note.

### PATIENT COUNSELING INFORMATION

- Folic acid is commonly used to **treat folic acid deficiency and anemias caused by folic acid deficiencies.**
- Folic acid **found in a wide variety of foods such** as spinach, beets, liver, whole-wheat products, dried beans, citrus fruits, legumes, as well as others.
- When injected it can be delivered either IM, SQ, or IV by a healthcare professional.

### REFERENCE(S) & RESOURCE(S)

1. <https://www.drugs.com/monograph/folic-acid.html>
2. [https://www.drugs.com/folic\\_acid.html](https://www.drugs.com/folic_acid.html)
3. <https://online.epocrates.com/tables/6384/Dietary-Reference-Intakes-Vitamin-B9-folic-acid>
4. <https://online.epocrates.com/drugs/33410/folic-acid-vitamin-B9/Monograph>
5. <https://www.webmd.com/drugs/2/drug-8334/folic-acid-oral/details>

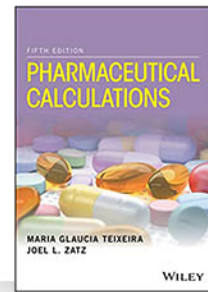


# PREPARE FOR SUCCESS!

## Comprehensive (NAPLEX)



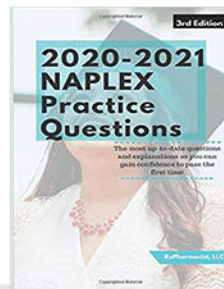
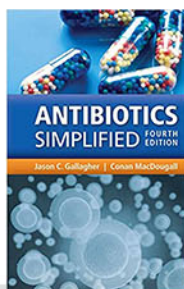
## Calculations (NAPLEX)



## Pharmacy Law (MPJE)



## Supplemental



# DRUG CARDS DAILY

Monday at 7 am EST  
(6 am CST, 4 am PST)

## HEY NEW GRAD!

So you landed that perfect job offer or got the perfect match for your PGY1 and now the **ONLY** thing standing in your way is passing the NAPLEX and MPJE.

Here are some NAPLEX & MPJE prep recommendations to help you do everything you can to **pass the first time!**

## HEY STUDENT!

When I was P1 one of the best pieces of advice I got from those before me was to use a NAPLEX Prep book while learning each topic.

This helps focus your learning and the repetition helps to retain info and indirectly prepare you for the NAPLEX

### DISCLAIMERS

This page contains affiliate links. Buying something through a link will provide a small monetary commission to Drug Cards Daily at no cost to you! This is done to keep Drug Cards Daily going and to provide as much free content to people like you! Thank you so very much for your support! Also, images are property of their respective parties and can be removed by contacting Drug Cards Daily.



@drugcardsdaily