



FOLIC ACID FOR THE PREVENTION OF NEURAL TUBE DEFECTS CLINICAL SUMMARY OF U.S. PREVENTIVE SERVICES TASK FORCE RECOMMENDATION

Population	Women planning a pregnancy or capable of becoming pregnant
Recommendation	<p>Take a daily vitamin supplement containing 0.4 to 0.8 mg (400 to 800 µg) of folic acid.</p> <p>Grade: A</p>

Risk Assessment	<p style="text-align: center;">Risk factors include:</p> <ul style="list-style-type: none"> • A personal or family history of a pregnancy affected by a neural tube defect (NTD) • The use of certain antiseizure medications • Mutations in folate-related enzymes • Maternal diabetes • Maternal obesity <p>Note: This recommendation does not apply to women who have had a prior pregnancy affected by neural tube defects, or women taking certain anti-seizure medicines. These women may be advised to take higher doses of folic acid.</p>
Timing of Medication	<p>Start supplementation at least 1 month before conception.</p> <p>Continue through first 2 to 3 months of pregnancy.</p>
Recommendations of Others	<p>ACOG, AAFP, and most other organizations recommend 4 mg per day for women with a history of a pregnancy affected by a neural tube defect.</p>

For a summary of the evidence systematically reviewed in making these recommendations, the full recommendation statement, and supporting documents please go to <http://www.preventiveservices.ahrq.gov>.

ACOG: American College of Obstetricians and Gynecologists; AAFP: American Academy of Family Physicians.

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