

Multivitamin Use

What is Interconception Care (ICC)?

Interconception Care (ICC) is the care that is given to women/birthing people **BETWEEN** pregnancies.

It allows us to identify and address risk factors prior to the next pregnancy. Early and adequate prenatal care is not enough to prevent premature and low birth weight infants.



Smoking

Depression

Family Planning

Multivitamin Use



Benefits of taking a multivitamin prior to and during pregnancy:

- Many pregnancies may be unplanned
- Prevent neural tube defects
- Increase fetal growth
- Benefit infant weight
- Prevent preterm birth
- Maintain general health and wellbeing - for mom/birthing person and baby!

What is folic acid?



Folic acid is a type of B vitamin that helps our bodies make new cells and may prevent heart disease and cancer. It also helps prevent birth defects.

Neural Tube Defects (NTDs)

- Neural tube defects are birth defects of the brain and spine
- Multivitamins with folic acid reduce the risk of NTDs by 90%, more than just taking folic acid alone
- To help prevent NTDs, women/birthing people should take a multivitamin with folic acid daily for at least one month prior to conception

How much folic acid do I need?

If you haven't had a previous pregnancy affected by an NTD, a multivitamin with **400 mcg of folic acid** is considered sufficient.

But if you've had a previous pregnancy **affected** by an NTD, you should take **4,000 mcg of folic acid per day**.



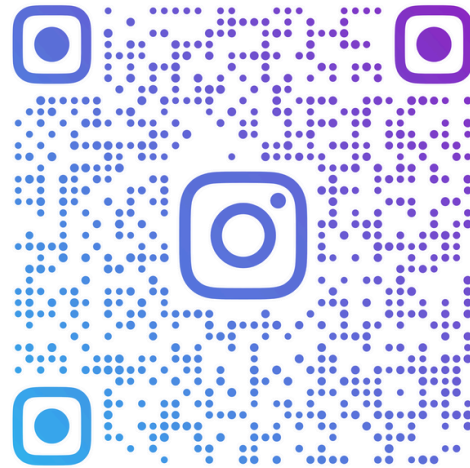
MULTIVITAMIN WITH FOLIC ACID RESOURCES



RESOURCES

- **CDC - About Folic Acid**
<https://www.cdc.gov/folic-acid>
- **Johns Hopkins - Folic Acid for a Health Baby**
<https://www.hopkinsmedicine.org/folic-acid-for-a-healthy-baby>
- **Talk to your pregnancy care provider about taking a multivitamin with folic acid!**

LEARN MORE ABOUT THE IMPLICIT NETWORK!



IMPLICITNETWORK

TAKING YOUR MULTIVITAMIN EVERY DAY IS THE BEST WAY TO ENSURE YOU GET THE FOLIC ACID YOU NEED.

Tips to remember to take your multivitamin:

- Put a magnet on your fridge
- Keep the vitamin bottle where you will see it every day
- Set a daily reminder on your phone
- Use an app, such as Medisafe or Dosecast (free, available for iPhone and Android)

IMPLICIT Network

Innovations in Maternal and Perinatal Care Improvement

Innovative care to improve birth outcomes and support families to thrive

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