# Folic Acid
(folate)

PHARMACY INFO SHEET

BC Renal Agency
An agency of the Provincial Health Services Authority

## WHAT IT DOES:

Folic acid is a vitamin that is needed to maintain normal red blood cell production. Without it you may feel tired and lack energy.

## HOW IT WORKS:

Folic acid is used by your body to help red blood cells mature. Without it, red blood cells are pale and are fewer in number. In kidney disease, your body needs to make red blood cells more quickly than usual and thus uses up more folic acid.

## HOW TO TAKE IT:

Take this medication as prescribed by your doctor. You may need to take it every day or only 3 times per week.

## WHAT TO DO IF YOU MISS A DOSE:

If you miss a dose, take the missed dose as soon as you remember. If you do not remember the missed dose until it is almost time for the next dose, just skip the missed dose. DO NOT DOUBLE YOUR DOSE OR TRY TO "CATCH UP" BY TAKING EXTRA DOSES.

## POSSIBLE SIDE EFFECTS:

Side effects are rare. There are rare reports of nausea, bloating or bitter taste.

## RELATION TO DIET:

It is hard for people with kidney disease to get enough folate from food due higher than average requirements and potassium restrictions that limit intake of folate-rich foods. The prescribed amount of folate should be taken to ensure you get enough folic acid.

## WHY I AM TAKING THIS MEDICINE:

Version: October 20, 2011
This document is posted online at : http://www.bcrenalagency.ca/patients/MedInfo/Renal+Formulary_Professionals.htm