ALGORITHM FOR IRON AND FOLIC ACID SUPPLEMENTATION (IFAS)

ASK AND/OR ASSESS
- Whether pregnant
- Pregnancy period
- First visit or return visit

COUNSEL ON:
- Planning for pregnancy
- Taking folic acid before conception and within 28 days after conception
- Taking IFAS daily during the whole pregnancy period

Pregnant

Find out if it is first visit or return visit

First Visit and Return visit

CHECK AND/OR PROVIDE
- Mother child booklet
- Conduct Ante Natal Care profile
- Counsel as appropriate

COUNSEL ON:
- Importance of maternal nutrition
- Nutrition demands in pregnancy
- Consequences of maternal malnutrition
- Causes, symptoms and effects of anaemia in pregnancy
- Benefits of IFAS
- Dose, frequency and duration
- Side effects and management
- Food sources with Iron and folic acid
- Malaria and helminth control
- Where to return for more IFAS tablets
- Return visit

During the counseling session, and depending on available contact time, focus on one or two of the messages indicated above

Not Pregnant

ASK AND/OR ASSESS
- Whether pregnant
- Pregnancy period
- First visit or return visit

COUNSEL ON:
- Planning for pregnancy
- Taking folic acid before conception and within 28 days after conception
- Taking IFAS daily during the whole pregnancy period

First Visit

CHECK AND/OR PROVIDE
- Mother child booklet
- Conduct Ante Natal Care profile
- Counsel as appropriate

Return Visit

CHECK / PROVIDE
- Mother Child Health Booklet
- Check IFAS tablets given
- Ask how many IFAS taken
- Check mothers HB level. If below 7 refer for treatment
- Counsel as appropriate

First Visit and Return visit

PROVIDE
- IFAS as appropriate to comply with recommended dosage
- Intermittent Presumptive Treatment of Malaria in Pregnancy (IPTp) as appropriate
- Deworming tablets as appropriate
- Long lasting insecticide treated mosquito nets in malaria endemic areas
- Record in the ANC register all services provided included the number of IFAS given