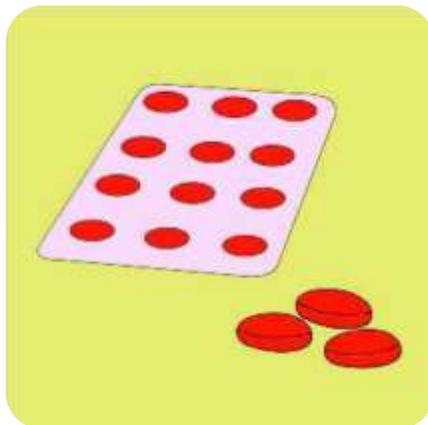


IFA Supplementation & TT Vaccine During Pregnancy

IFA Supplementation

- ❖ IFA supplementation is an approach that is effective for ensuring adequate iron status of women, particularly before & during pregnancy.
- ❖ Iron and folic acid tablets are being distributed through AWCs, sub-centres, primary health centres (PHCs), community health centres (CHCs) and district hospitals (DHs) to all pregnant women and lactating mothers.



One Tablet every day for 100 days for all women

Two tablets every day for 100 days for anaemic women

Two doses of Tetanus Toxoid Vaccine at one month interval

Precautions for Oral Therapy of IFA Supplementation

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- ✦ Intake of doses (refer table on next page) as per regime, should be taken regularly and must complete the treatment
- ✦ Ideally, tablets should be taken on empty stomach for better absorption. In case of gastritis, nausea, vomiting etc., advise to take one hour after meal or at night
- ✦ If constipation occurs, advise to drink more water and add roughage to diet
- ✦ IFA tablets should not be consumed with tea, coffee, milk or calcium tablets
- ✦ IFA treatment should always be supplemented with diet rich in iron, vitamins (particularly vitamin C), protein, minerals and other nutrients e.g. green leafy vegetables, whole pulses, jaggery, poultry and fish, fruits and black gram, groundnuts, *ragi*, whole grains, milk, eggs, meat and nuts, etc.



Age-Group	Dose	Regime	Service Delivery
Pregnant and lactating women	100 mg elemental iron and 500 mcg of folic acid	1 tablet daily for 100 days, starting after the first trimester, at 14-16 weeks of gestation. To be repeated for 100 days post-partum	ANC/ANM/ASHA Inclusion in MCP Card
Women in reproductive age (WRA) group (15-49 years)	100 mg elemental iron and 500 mcg of folic acid	Weekly throughout the reproductive period	Through ASHA during house visit for contraceptive distribution

Tetanus Toxoid

- ❖ Tetanus Toxoid (T.T.) is an important vaccine and protects both mother and baby from tetanus which is one of the life threatening conditions.
- ❖ A pregnant woman must take at least 2 Tetanus Toxoid injections.
 - The first T.T. injection should be taken during the first visit, even if it is the first trimester.
 - The second T.T. injection should be taken at least one month later.

Provision of IFA tablets and tetanus vaccine to pregnant women will be during routine antenatal visits at subcentre/PHC/CHC/DH.

Role of AWW

- ❖ Identify all pregnant woman and lactating mothers in your village/area.
- ❖ Dietary & general counselling of pregnant women on the common side-effects of IFA supplementation, general myths associated with intake of IFA tablets, related risk if anaemia not treated, etc.
- ❖ Ensure provision of IFA supplements to pregnant women who are not able to come for regular antenatal checkups through home visits in time.
- ❖ Monitor compliance of IFA tablets consumption through weekly house visits.
- ❖ Ensure filling of all the information (Hb level and treatment regime – IFA supplementation) in MCP card.
- ❖ Provide TT vaccine to all pregnant women at one month interval. The first dose of T.T. should be administered as soon as possible, preferably when the woman registers for ANC.