Q What if I forget to take my vitamin tablet one day?

A Don't worry If you remember on the same day, then take one tablet. If you completely forget then do NOT take a double dose of two tablets the next day – just continue taking one tablet every day.

Q Are there any ideas that could help me remember to take the vitamins?

A
- Put a reminder on your mobile
- Stick a note on your kitchen fridge
- Take the vitamins with a meal
- Take the vitamins at the same time each day
- Set a daily alarm

**Q** Are the Healthy Start vitamins suitable for vegetarians?

A Yes. The vitamins have been approved by the Vegetarian Society

Q Where can I get more information about Healthy Start vitamins?

A If you have any further questions then speak to your midwife or look on the Healthy Start website: **www.healthystart.nhs.uk** or call the Healthy Start helpline on: **0345 607 6823**

The wording in this publication can be made available in other formats such as large print and Braille. Please call 01274 432020.
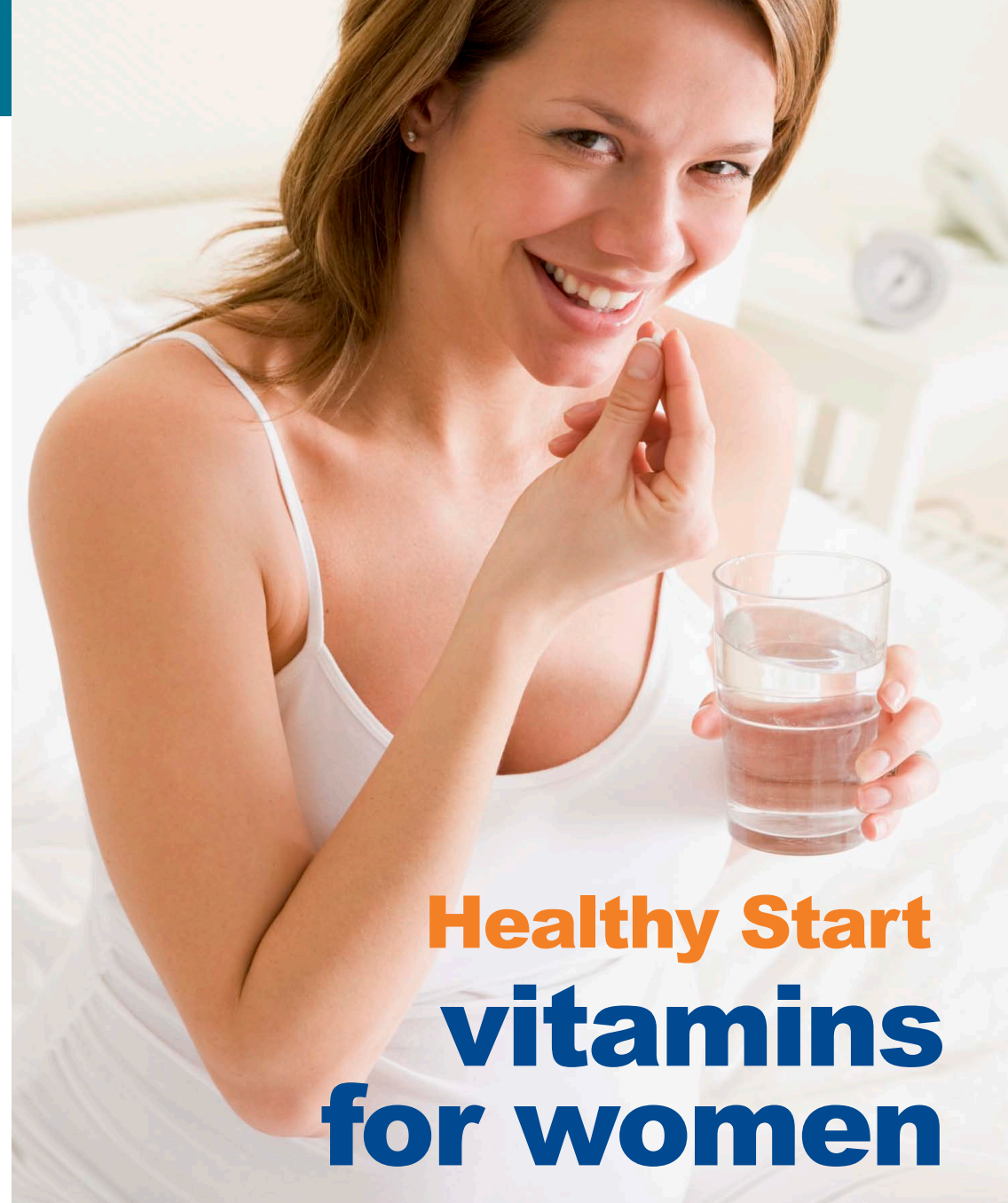
Healthy Start vitamins for women

NHS

Airedale, Wharfedale and Craven Clinical Commissioning Group
Bradford City Clinical Commissioning Group
Bradford Districts Clinical Commissioning Group

City of Bradford MDC
www.bradford.gov.uk

Healthy Start vitamin tablets

Healthy Start vitamins are specially made to give you the right amount of vitamins for a healthy pregnancy.

Healthy Start vitamins are recommended by your midwife, dietitian and doctor.

STEP 1

Take healthy Start vitamins from early pregnancy.

STEP 2

Take one tablet each day

STEP 3

Healthy Start vitamins have vitamins C, D and folic acid and are needed for you and your baby's health.

STEP 4

Have a Healthy Start for you and your baby!

Frequently asked questions

Q I eat a healthy diet. Do I still need to take the vitamins?

A Yes. Even on a well balanced diet you may not get enough vitamin D or folic acid needed for pregnancy and breastfeeding. Both vitamin D and folic acid are really important for your baby's health.

Q What do the Healthy Start vitamins contain and why?

A
- 400μg Foli Acid: helps make healthy red blood cells
- 70mg Vitamin C: maintains healthy tissue in the body
- 10 μg Vitamin D: helps your body to absorb calcium

Q How long do I need to take the vitamins for?

A The vitamins need to be taken throughout pregnancy. You should also keep taking the vitamins if you are breast feeding your baby. Ask your health visitor where to get more.

Q Should I take Healthy Start vitamins if I am already taking another vitamin and mineral supplement?

A No. Healthy Start vitamins have been made especially for pregnancy and breastfeeding. Not all multivitamin and mineral supplements will be suitable. If you are taking a supplement that is especially for pregnancy and breastfeeding then you should not take Healthy Start as well. Either take one or the other.

Q Can I take the healthy Start vitamins with my iron supplement?

A Yes. Healthy Start vitamins do not contain iron so it is important to continue taking your iron supplement. Iron is needed by you and your baby to make red blood cells to carry oxygen around the body.

Q My GP has prescribed 5mg folic acid. Can I still take the Healthy Start vitamins as well?

A Yes. Some women require a higher dose of folic acid and this will be prescribed by their GP. It is important that these women take the Healthy Start vitamins as well as they contain other vitamins that protect the health of their baby.

Q Should I stop taking the Healthy Start vitamins because they make me feel sick?

A No. The vitamins themselves will not cause you to feel sick. Nausa and /or vomiting (morning sickness) commonly affects women during the first three months of pregnancy. If you are having problems with morning sickness then try taking the vitamins at a different time during the day or with food. For further advice and tips to help with nausea/vomiting speak to your midwife.