

away medicines you no longer use. These measures will help protect the environment.

## 6. Contents of the pack and other information

### What Preconceive 400 microgram tablets contain

The active substance per tablet is Folic Acid 400 microgram. The other ingredients are:

Calcium Hydrogen Phosphate, Magnesium Stearate, Maize Starch, Microcrystalline Cellulose, Stearic Acid.

### What Preconceive 400 microgram tablets look like and contents of the pack

Preconceive 400 microgram tablets are creamy-yellow, circular tablets. They are available in blister packs containing 90 tablets.

### Marketing Authorisation Holder and Manufacturer

G. R. Lane Health Products Ltd.

Sisson Road

Gloucester

GL2 0GR

United Kingdom

Tel: +44 (0)1452 524012

Fax: +44 (0)1452 507930

Email: [info@laneshealth.com](mailto:info@laneshealth.com)

This leaflet was last revised in June 2016

673004



# preconceive

## 400 microgram tablets

### — FOLIC ACID —

**Read all of this leaflet carefully before you start using this medicine because it contains important information for you.**

- Keep this leaflet. You may need to read it again.
- If you have any further questions, ask your doctor or pharmacist.
- If you get any side effects, talk to your doctor or pharmacist. This includes any possible side effects not listed in this leaflet. See section 4.
- You must talk to a doctor if you do not feel better or if you feel worse after 4 weeks

### What is in this leaflet

1. What Preconceive 400 microgram tablets are and what they are used for
2. What you need to know before you use Preconceive 400 microgram tablets
3. How to use Preconceive 400 microgram tablets
4. Possible side effects
5. How to store Preconceive 400 microgram tablets
6. Contents of the pack and other information

## **1. What Preconceive 400 microgram tablets are and what they are used for**

Preconceive 400 microgram tablets are for the prevention of first occurrence of neural tube defect in all women who are planning a pregnancy.

## **2. What you need to know before you use Preconceive 400 microgram tablets**

**Do not use Preconceive 400 microgram tablets:**

- if you are allergic to any of the ingredients (see section 6 for a complete list of ingredients)
- if you have a folate dependant tumour (cancer affected by Folic Acid intake)
- if you are suffering from epilepsy without first talking to your doctor
- for the treatment of Addisonian pernicious anaemia (blood disorder due to Vitamin B12 deficiency) and other B12 deficiency states, without first talking to your doctor.

### **Other medicines and Preconceive 400 microgram tablets**

Tell your doctor or pharmacist if you are taking, have recently taken or might use any other medicines, including

- medicines for the treatment of epilepsy (phenytoin, phenobarbital and primidone). Folic Acid affects the way these medicines work in your body, and consequently the dosage of anti-epileptic medication should be adjusted at regular intervals under the supervision of your doctor.
- medicines obtained without a prescription.

## **3. How to use Preconceive 400 microgram tablets**

Always use this medicine exactly as described in this leaflet or as a doctor or pharmacist has told you. Check with your doctor, pharmacist or nurse if you are not sure.

**Women planning a pregnancy or who are in the first three months of pregnancy:** Swallow 1 tablet with water and food once a day, every day, at about the same time

each day. Continue until the end of the third month of your pregnancy.

**If you use more Preconceive 400 microgram tablets than you should seek immediate medical advice in the event of an overdose.**

If you forget to use Preconceive 400 microgram tablets, do not take additional tablets to make up for a missed dose.

## **4. Possible side effects**

Like all medicines, Preconceive 400 microgram tablets can cause side effects, although not everybody gets them.

Morning sickness may be experienced in the early months of your pregnancy. This is not normally caused by Folic Acid.

### **Reporting of side effects**

If you get any side effects, talk to your doctor or pharmacist. This includes any possible side effects not listed in this leaflet. You can also report side effects directly via the Yellow Card Scheme at: [www.mhra.gov.uk/yellowcard](http://www.mhra.gov.uk/yellowcard). By reporting side effects you can help provide more information on the safety of medicines.

## **5. How to store Preconceive 400 microgram tablets**

Keep this medicine out of the sight and reach of children.

Do not store above 25°C.

Do not use if foil strip is damaged.

Do not use this medicine after the expiry date which is stated on the carton. The expiry date refers to the last day of that month.

Do not use this medicine if you notice visible signs of deterioration.

Do not throw away any medicines via wastewater or household waste. Ask your pharmacist how to throw