

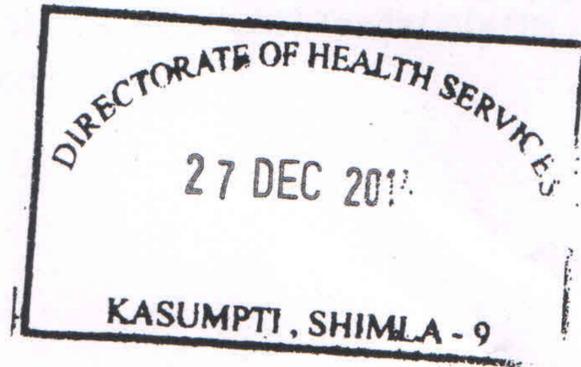


No. HFW-H /JSSK-MSK/2012-13  
NATIONAL HEALTH MISSION  
HIMACHAL PRADESH, SHIMLA-171009

To,

All the Chief Medical Officers,  
Himachal Pradesh

Dated Shimla-9, the



Subject: Revised Operational Strategy for Oral Iron for Pregnant women.

Sir,

Universal screening of pregnant women for anaemia is a part of ante-natal care and all pregnant women are provided iron and folic acid tablets during their ante-natal visits through the existing network of sub-centres and primary health centres and other health facilities as well as through outreach activities at Village Health & Nutrition Days (VHNDs). Under the National Iron+ Initiative, iron and folic acid supplementation is being given across life stages including pregnant, lactating women and adolescent girls at health facilities and during outreach activities.

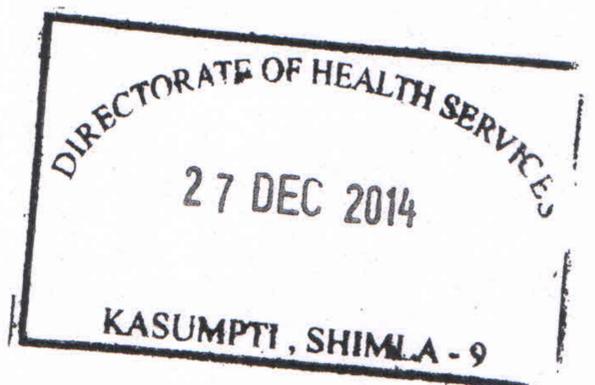
The present duration of taking oral iron for pregnant women has been revised and now all the pregnant women in the 2<sup>nd</sup> & 3<sup>rd</sup> trimester is recommended to take oral iron and folic acid tablet (each containing 100 mg elemental iron and 0.5 mg folic acid) once daily preferably after morning meal / lunch. This has to be consumed for a period of six months during pregnancy and continued till six months post-partum. In case, she is anaemic, the dose is to be doubled i.e. two tablets one after morning meal / lunch and another after evening meal / dinner is to be taken orally.

Tea, coffee, milk or milk based products should not be consumed with oral iron since it interferes with its absorption. If calcium tablets are also being taken, at least 2 hours gap is required between the two since calcium interferes with the absorption of Iron. Ideally if both Calcium and Iron is to be taken, Calcium should be taken before morning and evening meals and Iron after morning and evening meals.

  
Deputy Mission Director,  
National Health Mission,  
Himachal Pradesh  
e-mail: [ddnrhmhp@gmail.com](mailto:ddnrhmhp@gmail.com)

Endst. No.: As above

Dated Shimla-9, the



Copy to:

1. The Additional Chief Secretary(Health) to the Govt. of Himachal Pradesh, Shimla-171002 for information, please.
2. The Director Health Services, Himachal Pradesh for information please.
3. The Director, Ayurveda, Himachal Pradesh for information please.
4. The Director Medical Education, Himachal Pradesh for information please.
5. The Director Women and Child Development, Himachal Pradesh for information please.
6. All Deputy Commissioners for information please.

7. Principal IGMC, Shimla/ Dr.RPGMC Tanda, Kangra/ Rajiv Gandhi Govt. Postgraduate Ayurvedic College, Paprola, District Kangra for information please.
8. All the Jt. Directors/ Dy.Directors/ SPOs for information please.
9. Sr. Medical Superintendent, KNH, Shimla / IGMC, Shimla/ Dr.RPGMC Tanda/ DDUZH Shimla/ ZH Dharamshala/ ZH Mandi for information please.

  
Deputy Mission Director,  
National Health Mission,  
Himachal Pradesh