Memorial Sloan Kettering Cancer Center

PATIENT & CAREGIVER EDUCATION

Vitamins (Multiple/Prenatal

This information from Lexicomp® explains what you need to know about this medication, including what it’s used for, how to take it, its side effects, and when to call your healthcare provider.

Brand Names: US

A-Free Prenatal [OTC]; Azesco; CitraNatal 90 DHA; CitraNatal Assure; CitraNatal B-Calm; CitraNatal Bloom; CitraNatal Bloom DHA [DSC]; CitraNatal DHA; CitraNatal Harmony; CitraNatal Rx; Concept DHA; Concept OB; Duet; Duet DHA Balanced; Femecal OB; Folcaps Care One; Folivane-OB; Gesticare DHA; Infanate Balance [DSC]; KPN Prenatal [OTC]; M-Natal Plus; Mini-Prenatal [OTC]; Multi-Nate 30; NeoNatal Plus; Neonatal Prenatal; NeoNatal Vitamin; Niva-Plus; Néevo DHA; OB Complete Gold; OB Complete One [DSC]; OB Complete Petite; OB Complete Premier; One A Day Women’s Prenatal [OTC]; One Vite Women’s; One Vite Women’s Plus; OptiNate; Paire OB Plus DHA; PreCare; Prena1; Prena1 True [OTC]; Prenatabs FA; Prenatabs Rx; Prenatal 19; Prenatal One Daily [OTC]; Prenatal Rx 1; Prenate AM; Prenate DHA; Prenate Elite; Prenate Essential [DSC]; Prenate Mini; Prenate Pixie; Prenate Star [DSC]; PreNexa Premier; PrimaCare; Select-OB; Taron-C DHA; TriCare Prenatal DHA One; TriCare Prenatal [DSC]; TriStart DHA; VIL-Rx [DSC]; Vinate Care [DSC]; Virt-C DHA; Virt-PN DHA; Vitafol Ultra; Vitafol-Nano; Vitafol-OB [OTC]; Vitafol-OB+DHA [OTC]; VitaPhil + DHA; Vol-Tab Rx [DSC]; VP-Heme OB + DHA; VP-Heme OB [DSC]; VP-PNV-DHA [DSC]; Zalvit

Warning

- Accidental overdose of drugs that have iron in them is a leading cause of deadly poisoning in children younger than 6 years of age. Keep away from children. If this drug is taken by accident, call a doctor or poison control center right away.

What is this drug used for?

- This vitamin is used to aid the diet needs before, during, and after pregnancy.

What do I need to tell my doctor BEFORE I take this drug?

All products:

- If you are allergic to this drug; any part of this drug; or any other drugs, foods, or substances. Tell your doctor about the allergy and what signs you had.
- If you are allergic to soy, talk with your doctor. Some products have soy.
- If you have too much iron in your body.
- If you have certain types of anemia like pernicious anemia or hemolytic anemia.
- If you are taking mineral oil.
- If you are taking levodopa.

Products with vitamin A:

- If you are taking acitretin.

Products with omega-3 fatty acids:

- If you are taking a blood thinner.
- If you have bleeding problems.

This is not a list of all drugs or health problems that interact with this drug.

Tell your doctor and pharmacist about all of your drugs (prescription or OTC, natural products, vitamins) and health problems. You must check to make sure that it is safe for you to take this drug with all of your drugs and health problems. Do not start, stop, or change the dose of any drug without checking with your doctor.

What are some things I need to know or do while I take this drug?

- Tell all of your health care providers that you take this drug. This includes your doctors, nurses, pharmacists, and dentists.
- This drug may affect certain lab tests. Tell all of your health care providers and lab workers that you take this drug.
- If you have phenylketonuria (PKU), talk with your doctor. Some products have phenylalanine.
- Tell your doctor if you are breast-feeding. You will need to talk about any risks to your baby.

What are some side effects that I need to call my doctor about right away?

WARNING/CAUTION: Even though it may be rare, some people may have very bad and sometimes deadly side effects when taking a drug. Tell your doctor or get medical help right away if you have any of the following signs or symptoms that may be related to a very bad side effect:

- Signs of an allergic reaction, like rash; hives; itching; red, swollen, blistered, or peeling skin with or without fever; wheezing; tightness in the chest or throat; trouble breathing, swallowing, or talking; unusual

hoarseness; or swelling of the mouth, face, lips, tongue, or throat.

- Black, tarry, or bloody stools.
- Fever.
- Throwing up blood or throw up that looks like coffee grounds.
- Stomach cramps.

What are some other side effects of this drug?

All drugs may cause side effects. However, many people have no side effects or only have minor side effects. Call your doctor or get medical help if any of these side effects or any other side effects bother you or do not go away:

- Constipation, diarrhea, stomach pain, upset stomach, throwing up, or decreased appetite.
- Heartburn.
- Change in color of stool to green.

These are not all of the side effects that may occur. If you have questions about side effects, call your doctor. Call your doctor for medical advice about side effects.

You may report side effects to your national health agency.

You may report side effects to the FDA at 1-800-332-1088. You may also report side effects at https://www.fda.gov/medwatch.

How is this drug best taken?

Use this drug as ordered by your doctor. Read all information given to you. Follow all instructions closely.

Oral strips:

- Place oral strip on your tongue and let dissolve.

All other products:

- Some drugs may need to be taken with food or on an empty stomach. For some drugs it does not matter. Check with your pharmacist about how to take this drug.
- Take with a full glass of water.
- Do not take antacids within 2 hours before or 2 hours after taking this drug.
- Some drugs taken by mouth may need to be taken at some other time than this drug. Talk with your doctor or pharmacist to see if you need to take any of your other drugs at a different time than this drug.
- Do not take dairy products with this drug. Dairy products may make this drug not work as well.
- Follow the diet and workout plan that your doctor told you about.

Caplet:

- This drug may be chewed or swallowed whole.

Chewable tablets:

- Chew well before swallowing.

Twist-off softgel:

- Twist the small end off from the softgel. Squeeze the contents right into your mouth or into juice to drink.

What do I do if I miss a dose?

- Take a missed dose as soon as you think about it.
- If it is close to the time for your next dose, skip the missed dose and go back to your normal time.
- Do not take 2 doses at the same time or extra doses.

How do I store and/or throw out this drug?

- Store at room temperature protected from light. Store in a dry place. Do not store in a bathroom.
- Protect from heat.
- Keep all drugs in a safe place. Keep all drugs out of the reach of children and pets.
- Throw away unused or expired drugs. Do not flush down a toilet or pour down a drain unless you are told to do so. Check with your pharmacist if you have questions about the best way to throw out drugs. There may be drug take-back programs in your area.

General drug facts

- If your symptoms or health problems do not get better or if they become worse, call your doctor.
- Do not share your drugs with others and do not take anyone else’s drugs.
- Some drugs may have another patient information leaflet. If you have any questions about this drug, please talk with your doctor, nurse, pharmacist, or other health care provider.
- Some drugs may have another patient information leaflet. Check with your pharmacist. If you have any questions about this drug, please talk with your doctor, nurse, pharmacist, or other health care provider.
- If you think there has been an overdose, call your poison control center or get medical care right away. Be ready to tell or show what was taken, how much, and when it happened.

Consumer Information Use and Disclaimer

This generalized information is a limited summary of diagnosis, treatment, and/or medication information. It is not meant to be comprehensive and should be used as a tool to help the user understand and/or assess potential diagnostic and treatment options. It does NOT include all information about conditions, treatments, medications, side effects, or risks that may apply to

a specific patient. It is not intended to be medical advice or a substitute for the medical advice, diagnosis, or treatment of a health care provider based on the health care provider's examination and assessment of a patient's specific and unique circumstances. Patients must speak with a health care provider for complete information about their health, medical questions, and treatment options, including any risks or benefits regarding use of medications. This information does not endorse any treatments or medications as safe, effective, or approved for treating a specific patient. UpToDate, Inc. and its affiliates disclaim any warranty or liability relating to this information or the use thereof. The use of this information is governed by the Terms of Use, available at https://www.wolterskluwer.com/en/know/clinical-effectiveness-terms.

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If you have any questions, contact a member of your care team directly. If you're a patient at MSK and you need to reach a provider after 5 p.m., during the weekend, or on a holiday, call 212-639-2000.

For more resources, visit www.mskcc.org/pe to search our virtual library.

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