

Niitty Project 2018–2020

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Sources and further information:

Finnish Institute for Health and Welfare (THL). 2013. Äitiysneuvolaopas. Suosituksia äitiysneuvolatoimintaan. Opas 29.

Photographs: www.pixabay.com



Niitty – Developing a Peer-based Family
 Training Model for Immigrants

MEDICATION, SUPPLEMENTS AND VITAMINS DURING PREGNANCY AND BREASTFEEDING

Lääkkeet, ravintolisät ja vitamiinit raskaus- ja imetysaikana



MEDICATION

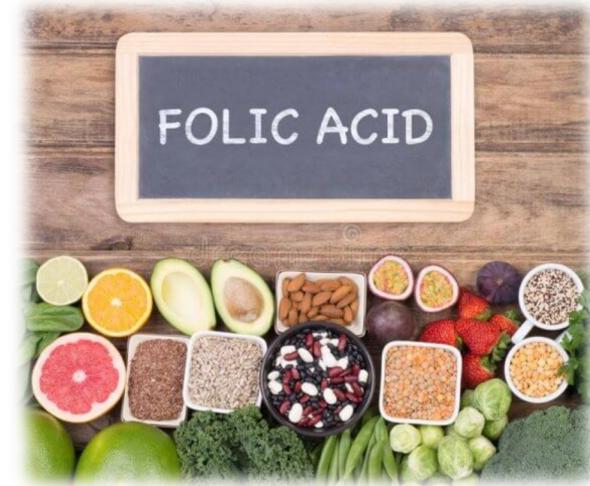
- Before you take any medication while pregnant, we recommend you make sure it is safe by asking the nurse at the maternity clinic or your doctor.
- When buying medication, mention that you are pregnant or breastfeeding at the pharmacy.
- The pharmacy and maternity clinic staff know which medi-



When booking your first appointment at the maternity clinic, let them know about any illnesses you



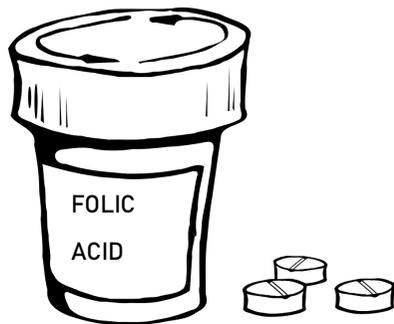
Always mention you are pregnant when going to see a doctor!



During pregnancy, we recommend you take a folic acid supplement of 400 microgrammes (μg) a day. It is best to start it 1–3 months before pregnancy and to continue for the first 12 weeks of pregnancy at least.

FOLATE AND FOLIC ACID

- Forms of vitamin B.
- Vegetables, fruit, berries, wholegrain and dairy products are a good source of folate.
- Folate is especially important for the development of the foetus during pregnancy.
- Nutrition often contains little folate.



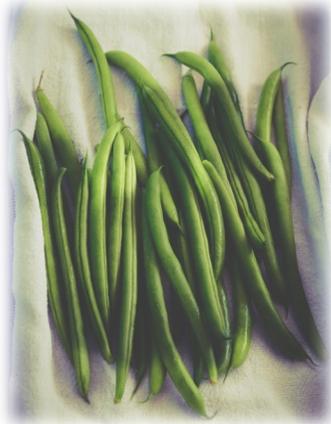
VITAMINS

- Your body needs vitamin D and folic acid during pregnancy.
- If your diet does not contain a lot of vegetables and wholegrain products, we recommend you supplement it with other vitamins too.
- Make sure that the vitamin supplement does not include vitamin A or oil derived from the seeds of oil plants.



IRON

- During pregnancy it is important to make sure that you are getting enough iron in your food.
- Meat, fish, wholegrain products, soy, beans, lentils, peas and dark green vegetables are all good sources of iron.

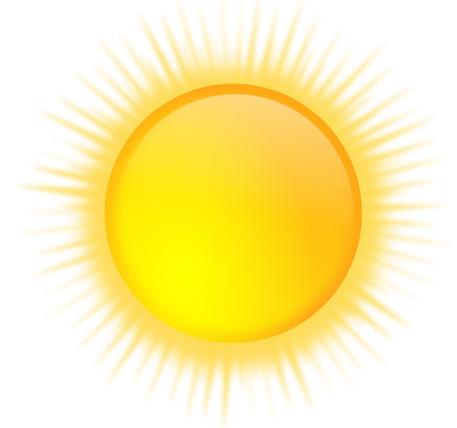


Your haemoglobin levels are monitored at the maternity clinic.

The maternity clinic will provide you with instructions on taking an iron supplement when needed.

VITAMIN D

- You get vitamin D from eating a varied diet, and your body creates it from direct sunlight on the skin.
- Fish is a good source of vitamin D, as are dairy products and margarine that have been fortified with vitamin D.
- Your body needs vitamin D to help it absorb calcium, for the development of the foetus and child's bones and to keep muscles healthy.



We recommend pregnant and breastfeeding mothers take a vitamin D supplement of 10 microgrammes (µg) a day year-round.

Make sure you are getting enough vitamin D.