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Low Folic Acid

Thank you for coming for your blood test. We have found that your blood folic acid levels are low.

A lack of folic acid can sometimes lead to anaemia. Anaemia means you have fewer red blood cells than normal.

Folic acid (also known as Vitamin B9) is needed to make new cells in the body, including red blood cells. The body does not store very much folic acid. You need a regular fresh supply to keep healthy.

Many foods contain folic acid including spinach, broccoli, green beans, peas, chickpeas, brown rice, kidney, liver and potatoes. A normal balanced diet usually contains enough folic acid.

Common symptoms include: tiredness, lethargy, feeling faint, easily becoming breathless.

Other symptoms may include numbness in your hands and feet.

Treatment is easy and is by taking a tablet of folic acid each day. You need to take this until the folic acid stores in the body are built up. This usually takes three months.

After treatment there is no need for a further blood test, but it is recommended that you focus on the dietary sources of folic acid or take a multivitamin tablet daily which you can buy from most pharmacies or supermarkets.