

Provincial Directors of Health Services
Regional Directors of Health Services
Heads of Institutions

Vitamin A Megadose Supplementation - Revised schedule

Further to the General Circular number 01-13.2000 dated 08.09.2000 on Vitamin A megadose supplementation, the findings of a survey undertaken by MRI in 2005 to assess the prevalence of Vitamin A deficiency revealed that the reduction in the overall Prevalence of Vitamin A deficiency was rather unsatisfactory despite several years of supplementation with Vitamin A megadose.

A panel of experts reviewed the survey findings with the prevailing schedule and global recommendations and agreed on the need to revise it in terms of dose and frequency of administration.

The revised schedule for Vitamin A megadose supplementation as agreed by the experts is given below. You are hereby instructed to disseminate this circular among the Medical Officers (Maternal and Child Health), Regional Epidemiologists, Medical Officers of Health, Medical Officers within Health Institutions and take steps to implement the revised schedule from 01.03.2009 onwards.

Revised schedule:

Target group	Dose	Time period of supplementation
Postpartum	200,000	Soon after delivery or within 4 weeks after delivery
Infants 6/12	100,000	with third OPV/DPT
one year	100,000	at CWC/Weighing post
18/12	100,000	CWC with fourth OPV/DPT
24 months (2 years)	100,000	CWC/weighing post
30 months (2 1/2 years)	100,000	CWC/weighing post
36 months (3 years)	100,000	CWC with MR
42 months (3 1/2 years)	100,000	CWC / weighing post /preschool
48 months (4 years)	100,000	CWC / weighing post /preschool
54 months (4 1/2 years)	100,000	CWC / weighing post /preschool
60 months (5 years)	100,000	With OPV/DT at CWC or School Medical Inspection
Grade 4	100,000	School Medical Inspection
Grade 7	100,000	School Medical Inspection

Calculation of Annual requirements:

Total annual requirement (in 100,000 caps) - Birth cohort x 14
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Side effects:

No side effects will occur if it is given in the recommended doses. Short term and transient effects such as Headache, nausea or vomiting and diarrhea disappearing within 24 h of dosing have been reported. No life threatening and longterm side effects have been reported so far. There are no contraindications for vitamin A megadose supplementation.

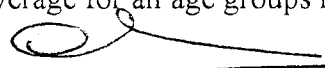
Situations when Vitamin A is not recommended:

If a child has received Vitamin A megadose within past 4 weeks
Received any multivitamins during past one week
Pregnant
Signs suggestive of raised intra cranial pressure.

Responsibility:

Place	Responsible person
Implementation within institutions	Heads of Institutions
Implementation within Districts	RDHS
Implementation within Province	PDHS
Monitoring coverage and providing technical guidance at District level	MO/MCH
National level co-ordination, Monitoring and Evaluation and provision of technical guidance	Director, Maternal and Child Health

For further information and guidance, please contact the Child Health unit, Family Health Bureau, Ministry of Health Care and Nutrition on 011 2693934. Your co-operation to ensure high coverage for all age groups is appreciated.


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Director General of Health Services
Ministry of Healthcare and Nutrition

Cc: Secretary, Ministry of Health care and Nutrition
Deputy Director Generals of Public Health Services

Deputy Director General of Medical Services
Director, Maternal and Child Health
Chief Epidemiologist
Director, Nutrition
Director, Nutrition Co-ordination Division
Director, Health Education Bureau
Director, National Institute of Health Sciences
Sri Lanka College of Obstetricians and Gynaecologists
Sri Lanka College of Paediatricians
College of Community Physicians
Perinatal Society of Sri Lanka
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