

Essential drugs / Oral drugs

RETINOL = VITAMIN A oral

Therapeutic action

– Vitamin

Indications

- Prevention of vitamin A deficiency
- Treatment of vitamin A deficiency (xerophthalmia)

Forms and strengths

– 200 000 IU capsule, i.e. about 8 drops (1 drop = 25 000 IU)

Dosage and duration

– *Prevention of vitamin A deficiency*

Child under 6 months: 50 000 IU single dose

Child from 6 to 12 months: one dose of 100 000 IU every 4 to 6 months

Child over 1 year: one dose of 200 000 IU every 4 to 6 months

– *Treatment of vitamin A deficiency*

Child under 6 months: 50 000 IU once daily on D1, D2 and D8 (or D15)

Child from 6 to 12 months: 100 000 IU once daily on D1, D2 and D8 (or D15)

Child over 1 year and adult: 200 000 IU once daily on D1, D2 and D8 (or D15)

Age	200 000 IU capsule	
	Prevention	Treatment
< 6 months	2 drops	2 drops
6 months to < 1 year	4 drops	4 drops
1 to < 5 years	1 cap	1 cap
≥ 5 years and adult	–	1 cap

Contra-indications, adverse effects, precautions

- Do not exceed indicated doses.
- Overdosage may cause: gastrointestinal di
fontanelle in infants); foetal abnormalities.
- Pregnancy:
Prevention: after delivery only, 200 000 IU single dose
Treatment: dosage depends on severity of eye lesions:
 - *Night blindness and Bitot's spots: 10 000 IU once daily or 25 000 IU once weekly for at least 4 weeks*
 - *Corneal lesion: 200 000 IU once daily on D1, D2 and D8 (or D15)*
- Breast-feeding: *no contra-indication at recommended doses*

Remarks

- Do not swallow the capsule. Cut open the end of the capsule and squeeze the dose directly into the mouth.
- Administer routinely 2 doses (on D1 and D2) to children suffering from measles to prevent the complications of measles.
- Storage: *below 25 °C - ✂*