

**High risk for vitamin D deficiency and/or symptoms of low vitamin D or low calcium**

**Check:** serum vitamin D levels, eGFR, ALP, Ca, PO<sub>4</sub>, Mg (infants), U&Es, PTH.

•Toxicity not seen at serum vitamin D levels < 250nmol/L and not usually a problem until >500nmol/L  
•Caution if hy renal calculi, renal impairment (CKD 3 or 4), or parathyroid disorders - refer for secondary care advice

**Appendix 3:  
Adult Vitamin D  
Guidance**

Vitamin D level < 30nmol/L = Deficient

Prescribe treatment for deficiency on NHS

**Oral Colecalciferol (1<sup>st</sup> line) prescribed by brand**

**InVitaD3 25,000IU/ml**  
**Adults:** 2ml every week x 6 doses.  
**Children:** see guidelines for details

[Hospital Only off-label option:  
2ml (50,000IU) daily for 6 days]

**Fultium-D3 3200units**  
capsules, oral, 1 daily for 84 days (12 weeks)  
**MDS patients**

**IM colecalciferol (hosp.only)**  
Colecalciferol 300,000 units IM injection, one monthly for 3 months  
**Patients in exceptional circumstances.**  
**Hospital Only - Red drug.**

Prescribe maintenance after treatment on NHS

**Low calcium intake (<500mg/day; <1/2 pint milk/day)**  
Take Colecalciferol 800 units (20microgram) + 1000-1200mg calcium (Ca++) daily (as BD dose with food)

•Evacal D3 chewable 1 tablet TWICE daily (1200mg Ca, 800IU D3) [£2.92/month]

•Adcal D3, 2 caplets TWICE daily (1200mg Ca, 800IU D3) – if struggling to chew or suck other preparations [£3.65/month]

•Adcal D3 dissolvable 1 tablet TWICE daily (1200mg Ca, 800IU D3) if swallow problems or via NG/PEG [£5.99/month]

**Maintenance after deficiency (prescribe on NHS) or treatment of insufficiency (purchase OTC) Vitamin D replacement :**  
**Estimate calcium intake: If low or medium calcium intake, recommend dietary increase in calcium. If this not possible, a calcium supplement is indicated.**

**Medium calcium intake (500-1000mg/day; ½-1 pint milk/day)**  
Take Colecalciferol 800 units (20microgram)+ 500mg calcium (Ca++) daily

•Calcichew 1 tablet daily (500mg Ca) [£2.61/month]  
•plus either  
•InVitaD3 [POM] 25,000IU/ml every month [£1.48/month] or  
Fultium D3 (800 units) [POM] 1 capsule daily [£3.65/month] for MDS users  
or  
OTC 800 IU (20 microgram) D3 supplement e.g. Sunvit D3, Pro D3 .

Vitamin D level 30– 50 nmol/L = Insufficient

Vitamin D level 50 – 75 nmol/L = Adequate

Vitamin D level > 75 nmol/L = Replete

Health promotion advice

No change required

**PURCHASE OTC**  
**Beware wide range of strengths available.**

Refer to full guidelines for children's options

**Adequate calcium intake (≥ 1000mg/day; > 1 pint milk/day)**  
Take Colecalciferol 800 units (20 microgram) daily or intermittently at higher equivalent dose.

•InVitaD3 25,000IU/ml every month [POM] or  
•Fultium-D3 800 [POM] x 1 capsule daily for MDS users  
•or any OTC D3 supplement e.g. SunVit D3 or Pro D3, equivalent to 800 IU (20 microgram) per day.

•Provide health promotion advice  
•Repeat serum vitamin D level 6 months after starting treatment to ensure adequate replacement.  
•Continue maintenance - no further monitoring required unless clinical situation changes.  
•If still vitamin D deficient refer for secondary care advice

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