

**Appendix 4
Children's
Vitamin D
Guidance**

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

Check: serum vitamin D levels, eGFR, ALP, Ca, PO₄, 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

Vitamin D level < 30nmol/L = Deficient

Prescribe treatment for deficiency on NHS

Oral Colecalciferol [prescribed by brand]

<p>0-6months: Aciferol 3,000IU/ml: 1ml daily for 4-8 weeks.</p>	<p>6months – 12 years: 1) Aciferol 3,000IU/ml: 2ml daily for 4-8 weeks. OR 2) InVitaD3 25,000IU/1ml: 1ml every 2 weeks for 8 doses.</p>	<p>12 – 18 years: 1) Aciferol tablet 10,000iu: 1 daily for 4-8 weeks. OR 2) InVitaD3 25,000IU/1ml: 1ml every 2 weeks for 12 doses.</p>
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Prescribe maintenance after treatment on NHS

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.

Maintenance after deficiency (prescribe on NHS) or treatment of insufficiency (purchase OTC) or prevention of deficiency (purchase OTC):

Calcium supplementation:

The cause, duration and degree of hypocalcaemia, and age of patient, will influence which strategy to employ. Please seek advice if dietary advice is insufficient.

1) Ensure adequate dietary calcium.
Good sources of calcium include:
•milk, cheese and other dairy foods
•green leafy vegetables – such as broccoli, cabbage and okra, but not spinach
•soya beans
•tofu
•nuts
•bread and anything made with fortified flour
•fish where you eat the bones – such as sardines and pilchards

2) Colecalciferol 400IU (10microgram) daily.
Under 1 year: ProD3 Liquid Drops 100IU/drop: 4 drops daily (available OTC or Rx) or go to www.healthystart.nhs.uk
1-18 years: ProD3 Liquid Drops 100IU/drop: 4 drops daily (available OTC or Rx) or go to www.healthystart.nhs.uk
Or InVitaD3 25,000IU/1ml: 1ml every 8 weeks [P.O.M., off label dose regime]

•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

* Costs to NHS per 28 days. Prices as per Drug Tariff December 2014