

Vitamin D: When to test and treat

Symptoms* indicative of Osteomalacia, Osteoporosis or Paget's Disease

*Symptoms include:
 - Bone, joint and muscle pain
 - Muscle weakness
 - Hyperalgesia
 - Waddling gait

YES

Check Vitamin D level (serum 25-OHD), bone profile

NO

DO NOT TEST FOR VIT D DEFICIENCY

DEFICIENT <30nmol/L (12 nanograms/ml)	INSUFFICIENT 30-50nmol/L (12-20 nanograms/ml)	SUFFICIENT >50nmol/L (20 nanograms/ml)
Prescribe loading dose	Advise lifestyle advice, diet advice and safe sun exposure	

Risk factors for Vit D deficiency?

- Dark/pigments skin, photosensitive skin conditions, lack of sun exposure
- Institutionalised, prolonged hospital stays, children and adolescents with disabilities limiting time spent outdoors
- Malabsorption, dietary deficiency, abnormal gut function, short bowel syndrome, chronic liver or renal disease
- Rifampicin, Isoniazid, anti-convulsants

Colecalciferol	Dose	Preparation
20,000unit capsules	Two taken weekly for 7 weeks (280,000units)	Fultium D3 20,000unit caps
25,000unit tablets	Two taken weekly for 6 weeks (300,000units)	Stexerol 25,000unit tab (Vegetarian)
50,000units/ml sugar free solution	One ml taken weekly for 6 weeks (300,000units)	Invita D3 sugar free solution 50,000iu/ml (Vegetarian)

Lifestyle advice: self-care to maintain adequate Vitamin D levels
 Advise patient to purchase OTC preparation available from supermarkets, health shops and pharmacies
Daily intake – equivalent to 400units* (10micrograms)

Diet advice:
 Food sources include cod liver oil, fish, egg yolk, mushroom, fortified cereals, milk, margarine and yoghurts

Safe Sun exposure:
 2-3 sunlight exposures per week April-Sept to achieve adequate Vit D levels

YES NO

DO NOT TEST FOR VIT D DEFICIENCY

Recheck: Bone profile 1 month after loading regimen
 If remain symptomatic:
 Recheck Vit D level **6 months** after loading regimen

Lifestyle advice:
 Advise patient to purchase OTC preparation available from supermarkets, health shops and pharmacies
Daily intake – equivalent to 400units* (10micrograms) between the end of September and late March/April (Autumn – Winter period)

Advise patient to purchase OTC preparation available from supermarkets, health shops and pharmacies
Daily intake – equivalent to 400units* (10micrograms)

***400 unit strength only available within Healthy Start products. Many other strengths available & dose can be adjusted to provide equivalent e.g. 1000 units every 2-3 days.**