

## **PROTOCOL FOR VIT D DEFICIENCY**

Nov 27<sup>th</sup> 2009

### **AT RISK GROUPS IN WHOM THE VIT D SHOULD BE MEASURED**

**Pregnant women at first presentation**

**Muscle aches/ pains, all rheumatological conditions especially seronegative arthralgia, fibromyalgia, plantar fasciitis,**

**Tiredness/fatigue /low mood**

**At risk ethnic group( lifestyle or darker skin which absorbs sun less well)**

**At risk lifestyle (no outdoor life, prison for a long time etc)**

**Tuberculosis**

**Chronic mental illness**

**Diabetes heart disease, cancer lung prostate breast and bowel.**

Consider doing levels in...

chronic allergic rhinitis in high risk groups

Infertility

Diabetes, hypertension especially in high risk ethnic groups.

Cancer...implicated especially in breast prostate and bowel

### **INTERPRETATION OF RESULTS**

IGNORE winter ranges

**Most experts say levels should be AT LEAST over 20 AIMING for over 30 ideally so treat if less than 20 aim for 30**

Ideal and naturally occurring level in those with full sunlight exposure in equatorial environment) is about **50-70**

Only repeat tests if concerns about adherence, if patient requests, or if no treatment for a long time, or failed treatment. Post treatment levels usually around 50. Do repeat and calcium level if concerns in pregnant women.

If associated with iron deficiency consider checking for coeliac disease ( TTG)

### **TREATMENT /CODING/ACTIONS**

It is very hard to overdose on vitamin D unless you use very large doses for many months. The doses given here are not toxic. Take specialist advice in SARCOIDOSIS  
USE STANDARD LETTER AND SEND ALL PATIENTS THE LEAFLET

CODE SA VITAMIN D DEFICIENCY significant active...helps to alert clinicians to check adherence which can be poor.

### **ADULTS**

**Colecalciferol 20 000 two daily for 10 days then one weekly**

ALL residents of nursing homes/housebound patients should be on one weekly

Use ADCAL as well if established osteoporosis

**TREAT THE INFANTS OF ALL VITAMIN D DEFICIENT MOTHERS WITH DALIVIT**

**CHILDREN with documented deficiency.**

If under one year...

3000iu or equivalent per day for 8-12 weeks with calcium supplement( 50 mg/kg per day ) initially...this is equivalent to 20 000 per week ie one capsule. Many children can swallow them

Over one year

6000 units per day initially = two caps of colecalciferol weekly for 8 to 12 weeks

**Maintenance**

400iu ( as Dalivit OK up to age 10) daily

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5 to 10 years 100 000 every three months or 20 000 per month Over 10 years 150 000 every three months or 20 000 per fortnight

Over 10 years give 20 000 two per month

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