Guideline for Vitamin D deficiency in Adults (18 years+)

Risk Factors
- Increased demand
- Reduced sun exposure
- Poor diet, vegans
- Dark skin pigmentation
- Intestinal malabsorption (Coeliac, Crohn's)
- Drugs - Anticonvulsants, anti TB

Symptoms / Signs
- Aches and pains
- Muscle weakness

Assessing the patient

Table 1 - Standard Prevention Doses available to purchase*

<table>
<thead>
<tr>
<th>Age</th>
<th>Dose</th>
<th>Preparations</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adult</td>
<td>400 units - 1,000 IU daily</td>
<td>Boots High Strength Vitamin D, Holland &amp; Barrett, Sunvite D3, other high strength products are available</td>
</tr>
</tbody>
</table>

*For insufficiency (adults), maintenance therapy and those with risk factors, but no signs and symptoms, vitamin D preparations should normally be purchased over the counter.
**Table 2 - Treatment doses for Vitamin D Deficiency available to prescribe**

<table>
<thead>
<tr>
<th>Age</th>
<th>Total Dose &amp; Cost</th>
<th>Product</th>
<th>Duration</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adults</td>
<td>300,000 IU = £12.50</td>
<td>Invita D3 50,000IU/ml oral solution (1ml plastic ampoules)</td>
<td>50,000 IU (one oral ampoules) each week for 6 weeks followed by purchased maintenance therapy of 400–1000IU daily (Table 1)</td>
</tr>
<tr>
<td>Adults</td>
<td>280,000 IU = £10.50</td>
<td>Plenachol 40,000 IU capsules</td>
<td>One 40,000 IU capsule each week for 7 weeks followed by maintenance therapy of 400–1000IU daily (Table 1). This product is Halal and Kosher certified.</td>
</tr>
</tbody>
</table>

**Monitoring and follow up**
A clinical review one month after starting treatment is recommended. Repeat vitamin D levels and bone profile after 3 months of starting treatment in cases with deficiency levels (vitamin D <25 nmol/litre) or if the bone profile on initial testing was abnormal.

Adults with deficiency levels (vitamin D <25 nmol/litre) due to lifestyle (diet/sun exposure), disease (coeliac/Crohn’s) or disease treatment (anticonvulsants, TB) may require continued maintenance supplementation after treatment doses (Table 1).

**Resources**
1) www.gov.uk/government/publications/vitamind-advice-on-supplements-for-at-risk-groups
2) DTB vol 44 number2 Feb 2006 edition

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**This guideline has been approved by Berkshire East Federated CCGs Effective Prescribing Committee May 2015**