

NHS Halton CCG Vitamin D Deficiency in Adults Prescribing Guidance

This document summarises guidance for the prescribing of Vitamin D for deficiency in adults in NHS Halton CCG and should be used alongside the Pan Mersey guidance 'Treatment of Vitamin D Deficiency in Adults'

https://www.panmerseyapc.nhs.uk/media/2146/vitamind_adult.pdf

Deficiency (0-25nmol/L)

Treatment dosage - Prescribe up to a total of 300,000 units colecalciferol over 6-8 weeks.

Prescribe BY BRAND: Invita D3 50,000IU every week for 6 weeks on **ACUTE** either as:

InVita® D3 50,000 unit capsule - 'Take one on the same day each week for six weeks' x 6 capsules

or

InVita® D3 50,000 units/1ml oral solution – 'Empty contents of one ampoule directly into the mouth on the same day each week for six weeks' x 6 ampoules

Maintenance post treatment

Advise to purchase 800units/day OTC as per Pan Mersey Guidance and give [CCG leaflet](#) unless at higher risk.

Maintenance dosage - 20,000units/month or 800units/day on **REPEAT**.

Discuss with patient if they would prefer a daily or monthly dosage

Prescribe BY BRAND (higher risk patients):

For daily dose - **Invita® D3 800unit capsule** – 'Take one daily' x 28 capsules

or

For monthly dose - **Strivit® D3 20,000unit capsules** – 'Take one capsule on the same day each month' x 1 capsule

If treating osteoporosis - **Evacal® D3 1500 mg/400iu Chewable Tablets** - 'Take one tablet each morning and evening' x 56 tablets

Insufficiency (26-50nmol/L)

Advise to purchase OTC 800units/day and give [CCG leaflet](#).

Sufficient (>50nmol/L)

Advise to consider purchasing OTC 400units/day and give [CCG leaflet](#).