

## Adult & Post-pubertal Adolescents Vitamin D Assessment and Treatment Overview

## Serum 25-OH Vitamin D Measurement (plus baseline U&Es & LBP) Recommended for:

- Patients with diseases with outcomes that may be improved with vitamin D treatment e.g. confirmed osteomalacia, osteoporosis
- Patients with symptoms that could be attributed to vitamin D deficiency e.g. suspected osteomalacia, chronic widespread pain
- Before starting patients on a potent antiresorptive agent or oral therapy if not going to be co-prescribed vitamin D containing supplements

## **Assessment and Management of Vitamin D Levels** Serum 25-OH Vitamin D Serum 25-OH Vitamin D Serum 25-OH Vitamin D under 25 nmol/L over 50nmol/L 25 -50 nmol/L Sufficient for almost the **Deficient** May be insufficient in some people whole population Does one of the following criteria for a treatment course apply? **Treatment** Provide reassurance and Fragility fracture/osteoporosis/ high fracture risk give advice on maintaining course Drug treatment for bone disease recommended adequate vitamin D levels Symptoms suggestive of vitamin D deficiency through safe sunlight Increased risk of developing vitamin D deficiency e.g. exposure, diet and Reduced UV exposure supplements where Raised PTH indicated\* Treatment with anticonvulsants or glucocorticoids Malabsorption If supplements indicated Yes No Long Term Supplementation **Treatment Course** To be purchased over the counter by the Colecalciferol 20,000 unit capsules patient where possible. Take TWO capsules once a week for 7 weeks, with food For all those found to be insufficient but not requiring a treatment course and people who If vegetarian product required, nut allergy or swallowing difficulties: are sufficient but at risk of deficiency (e.g. age ≥65 years, low sun exposure): InVita-D3 25,000 units in 1ml oral solution amps Take contents of TWO ampoules once a week for 6 weeks, with food Colecalciferol 800-2,000 units daily (OTC) **Monitoring for Treatment Course Monitoring for Supplementation Adjusted Serum Calcium** → 1 month after completing treatment course **Adjusted Serum Calcium** Clinical symptom review $\longrightarrow$ 3 months after starting treatment course 1 month after starting supplement Routine repeat testing of vitamin D levels is generally unnecessary Routine repeat testing of vitamin D levels is generally unnecessary **Long Term Supplementation Post Treatment Course** Consider starting 1 month after treatment course complete to prevent Diet and lifestyle advice future deficiency:

Provide advice on:

Ensuring an adequate calcium intake Sources of vitamin D in the diet

Exposure to sunlight

Vitamin D for Adults - Flowchart V2.0

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Colecalciferol 800–2,000 units daily (purchased OTC)

NB: Serum 25-OH vitamin D ranges may vary between laboratory assays and discretion may be required in interpreting results from Leeds laboratory.