

Adult Vitamin D Deficiency (Under 30 nmol/l)

Vitamin D is important for the functioning of a healthy body. Its role in maintaining bone and muscle health is extremely important. Low levels of vitamin D, if left untreated, can cause bone thinning leading to bone deformity or osteomalacia, to use the medical term.

In addition vitamin D regulates levels of calcium and phosphate in your body which are essential for the functioning of heart and other muscle tissue.

Our local guidelines recommend measuring vitamin D levels in the following circumstances:

- A. Gradual onset of bone pain
- B. Low impact fractures
- C. Muscle wasting or pain
- D. Wrist and foot spasms
- E. After falls
- F. Patients in higher risk groups
- G. The doctor feels it is necessary based on their clinical experience

It is hoped treatment will improve some of the symptoms listed above.

Please note: Research has identified “possible links” between many diseases/symptoms and vitamin D deficiency but so far none have been proven, with the exception of those listed above.

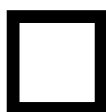
When reading about vitamin D online use trusted websites, there are many unscrupulous claims regarding vitamin D on the internet’s less trusted sites.

Patients who are vitamin D deficient are unlikely to be able to increase their level using lifestyle measures (diet rich in vitamin D/UV light exposure) alone.

Correcting your vitamin D deficiency

1. A prescription for the following medication has been sent to your nominated pharmacy, it should now be ready for collection

Strivit D3 20,000 unit capsules



One tablet daily for 15 days

Invita D3 50,000 unit capsules



One tablet WEEKLY for 6 weeks
(Suitable for those with nut allergy. Kosher & Halal compliant)

2. 6 weeks after you finish your prescribed high dose vitamin D tablets, book a repeat blood test by logging on to: <https://www.uhdb.nhs.uk/service-phlebotomy-blood-tests/>

Please find enclosed blood test to take to your appointment with you.

3. After you have finished taking the prescribed high dose vitamin D you will need to purchase vitamin D tablets at a lower strength to maintain your vitamin levels.

We are not permitted to prescribe these maintenance tablets due to NHS cost saving measures. **You do not need to buy expensive branded tablets; UK law requires all preparations to contain the same active ingredient (vitamin D) whatever the price.**

A tablet containing 1000 units (25 micrograms) once a day is recommended **for life** to maintain a normal vitamin D level. These can be bought from supermarkets, health food shops or pharmacies.

4. Once you are taking your maintenance vitamin D tablets you cannot get too much vitamin D. So, we have included a general advice leaflet detailing lifestyle measures that will keep your vitamin D levels nicely topped up along with the low dose vitamin D tablet you will be taking daily.

When you have completed the above steps no further monitoring or repeat measurements of vitamin D are required.

If your symptoms persist or you have questions, please get in touch.