



Prescribing policy on Vitamin D/ colecalciferol supplementation

North East Essex CCG does not support the prescribing of vitamin D products/colecalciferol for the management of vitamin D insufficiency or as maintenance therapy, and patients should be advised to purchase these products over the counter (OTC). The prescribing of vitamin D in deficiency is supported.

Funding of vitamin D supplements to protect and maintain bone, teeth and muscle health is a personal responsibility. It is expected that patients will purchase such supplements. Vitamin D is available to purchase in pharmacies, health food shops and supermarkets. Community pharmacists or other healthcare professionals are able to advise on suitable vitamin D products.

Patient status	Recommendation	Monitoring
Vitamin D (25-OHD) level: <i>deficient</i> Adult: <30nmol/L Child: <25nmol/L	Prescribe high dose colecalciferol. See full guideline for formulary choice.	Check calcium and phosphate. Retesting vitamin D is not routinely required
Vitamin D (25-OHD) level: <i>may be inadequate in some</i> Adult: 30-50 nmol/L Child: 25-50nmol/L	<ul style="list-style-type: none"> Self-care with maintenance doses should be recommended without the use of loading doses. See full guideline for more information. 	No further monitoring required unless clinical situation changes
Where on-going maintenance therapy following high dose vitamin D deficiency treatment is required	GP prescribing not recommended. <ul style="list-style-type: none"> Offer lifestyle advice. If patient wishes to supplement, provide advice to purchase over the counter vitamin D products. 	
Patients considered "at risk" as per NICE Guidance (PH56)		

- Prescriptions for vitamin D should be reserved for the treatment of patients with symptoms of deficiency and confirmed deficient vitamin D levels.
- Click here for the [full NEE vitamin D guidance](#) for further information, including pregnancy and other patient groups.

Some people may be eligible for free vitamins via the government's [Healthy Start scheme](#). Criteria to qualify are: be at least 10 weeks pregnant or have a child under four years old and themselves or their family get one of the following:

1. Income Support, or
2. Income-based Jobseeker's Allowance, or
3. Income-related Employment and Support Allowance, or Child Tax Credit
4. Universal Credit
5. Women who are under 18 and pregnant also qualify, even if they do not get any of the above benefits or tax credits.

Patient queries or complaints

Any patient queries or complaints should be directed to PALS 01206 918730 or pals.nee@nhs.net