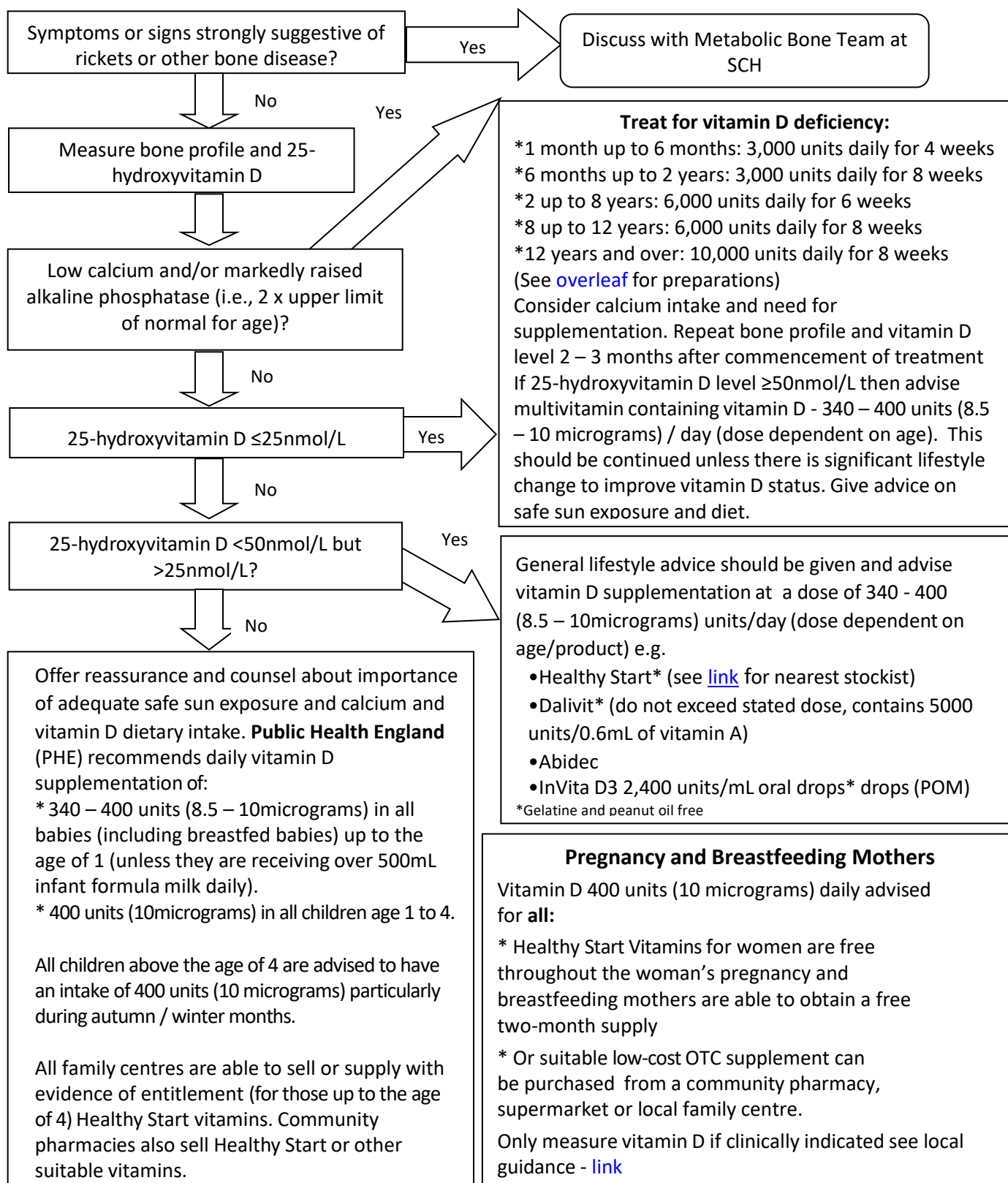


Summary management algorithm – For children who present with suspected vitamin D deficiency Refer to “Guidelines for management of children with suspected vitamin D deficiency in primary care setting” for background and details



Sheffield formulary preparations and suggested doses.

Treatment for deficiency

Suggested dosing in local guidance is based on RCPCH (Guide for vitamin in childhood) and ROS guidelines; (Vitamin D and bone health – a practical clinical guideline for management in children and young people).	Sheffield formulary preparation
1 month up to 6 months - 3000 units daily as an oral dose for 4 weeks	*THORENS 10,000 units /ml 3000 units /0.3ml /day – 8.4ml needed, prescribe 10ml
6 months up to 2 years – 3000 units daily as an oral dose for 8 weeks	*THORENS 10,000 units /ml 3000 units / 0.3ml /day – 16.8ml needed, prescribe 20ml
2 up to 8 years – 6000 units daily as an oral dose for 6 weeks	*THORENS 10,000 units /ml 6000 units /0.6ml /day – 25.2mls needed, prescribe 30ml
8 up to 11 years – 6000 units for 8 weeks	*THORENS 10,000 units /ml 6000 units /0.6ml / day – 33.6mls needed, prescribe 40mls
12 up to 18 years – 10 000 units daily as an oral dose for 8 weeks	*THORENS 10,000 units /ml 10,000 units / 1ml / day – 56mls needed, prescribe 60mls

*Off label dose

Supplementation

Product	Dose
OTC supplementation containing vitamin D	First line: dose depending on age and product.
Healthy Start Vitamins	Available for those eligible under Extended Healthy Start Scheme. These can also be purchased from community pharmacies and local family centres. 5 drops daily providing 10 micrograms (400 units) of vitamin D
Invita 2,400 units/mL drops	6 drops daily - providing approximately 10 micrograms (400 units) of vitamin D
Abidec drops	Under 1 year – 0.3mL daily providing 5micrograms (200 units) of vitamin D Over 1 year – 0.6mL daily providing 10micrograms (400 units) of vitamin D
Dalivit drops	Under 1 year – 0.3mL daily providing 5micrograms (200 units) of vitamin D Over 1 year – 0.6mL daily providing 10micrograms (400 units) of vitamin D

Please note: Although some of these preparations do not contain the PHE recommended amount of vitamin D, the recommended dose can be achieved along with safe sunlight exposure and through diet.