

Vitamin D Guidelines

Measure Serum 25(OH) Vitamin D Total

For Value of 20- <30 ng/mL:

- Supplement Vitamin D₃ (cholecalciferol) with 2,000 IU daily for 3 months OR 50,000 IU once a month for 3 months
- Note: Vitamin D₂ (ergocalciferol) is potentially less effective.

For Value of <20 ng/mL:

- Supplement Vitamin D₃ (cholecalciferol) with 4,000 IU daily for 12 weeks OR 50,000 IU every other week for 12 weeks
- Note: Vitamin D₂ (ergocalciferol) is potentially less effective

Monitoring:

- Check serum calcium and phosphorous levels after 1 month of therapy.
- If serum calcium level exceeds 10.2 mg/dL discontinue therapy.
- If serum phosphorus level exceeds upper normal limit for age, initiate oral phosphate binder therapy.
- Check serum 25(OH) D after 3 months of therapy and every 3 months thereafter.
- If serum 25(OH) D is normal consider: 1) continued supplementation based on the clinical assessment of the patient; 2) discontinue therapy if no longer needed.

Note: Reference ranges may vary by lab interpretation. Vitamin D insufficiency or deficiency may be indicated by the testing lab's results. Supplementation guidelines here are based on the actual value rather than these descriptors.

Recommendations were developed in collaboration with multiple CHW Clinical Dietitians and Dr. Praveen Goday (GI) in 2019.

Recommendations are not disease specific.

For additional dosing guidelines/recommendations, please refer to Lexicomp