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Vitamin D Deficiency: Primary and Secondary Care Prevention and Treatment in Paediatrics

Pan Mersey Area Prescribing Committee recommendations: [COLECALCIFEROL licensed oral products](#)

The Pan Mersey Area Prescribing Committee recommends that, wherever possible, an oral colecalciferol product that is a licensed medicine, within its licensed indications, should be prescribed. Where this is not possible, a licensed medicine used outside its licensed indications i.e. “off-label” should be prescribed.

Currently available licensed medicines include those listed below. For full details see the relevant Summary of Product Characteristics available: [Electronic Medicines Compendium \(eMC\)](#)

Please note:

- Abidec and Dalivit drops provide 400 units Vitamin D in 0.6ml
- Healthy Start Vitamins provide 300 units Vitamin D in 5 drops

Children 0-18 years

- **Treatment and Prevention**
 - Colecalciferol 25,000 units in 1ml oral solution unit dose ampoules
 - Colecalciferol 10,000 units in 1ml oral drops (200 units in 1 drop)
 - Colecalciferol 2,740 units in 1ml oral drops (400 units in 6 drops)
- **Prevention**
 - Colecalciferol 2,400 units in 1ml oral drops (400 units in 6 drops)

Children over 12

- **Treatment and prevention**
 - Colecalciferol 25,000 units tablets
 - Colecalciferol 1,000 units tablets
 - Colecalciferol 20,000 units capsules
 - Colecalciferol 800 units capsules

References

1. The National Osteoporosis Society. Vitamin D and Bone Health: A practical clinical guideline for management in Children and Young People. NOS Guideline. First Published June 2015. Accessed 8/6/18. Available at: <https://nos.org.uk/media/2074/vitamin-d-and-bone-health-children.pdf>
2. RCPCH, Guide for vitamin D in Childhood October 2013. Accessed 8/6/18. Available at: <https://www.rcpch.ac.uk/resources/vitamin-d-position-statement> (not available as a hyperlink, please copy and paste address into browser and document can be downloaded from bottom of page)
3. NICE (2016) CKS: Vitamin D Deficiency in Children. Accessed 8/6/18. Available at: [Vitamin D deficiency in children - NICE CKS](#)
4. Chief Medical Officers (UK). Vitamin D - advice on supplements for at risk groups 2012 CEM/CMO/2012/04. Gateway reference 17193. Accessed 8/6/18. Available at: https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/213703/dh_132508.pdf
5. NHS England. Conditions for which over the counter items should not routinely be prescribed in primary care: Guidance for CCGs. Published 29 March 2018. Gateway Approval Number 07851. Accessed 8/6/18. Available at <https://www.england.nhs.uk/wp-content/uploads/2018/03/otc-guidance-for-ccgs.pdf>