

# Guideline for the use of vitamin D in children and young people

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## Children and Young People's Vitamin D Guidelines

12 years - adult	<b>Deficiency</b> ( $<25$ nmol/L)	<b>Insufficiency</b> (25-50 nmol/L)
Oral treatment	Colecalciferol capsules (Invita D3) 50,000 IU once a week.	400-600 IU once a day (2 vitamin BPC capsules or equivalent OTC preparation)
IM/PO Stoss therapy (over 12 months)	Ergocalciferol 300,000 IU IM x1 (or colecalciferol 300,000 IU PO)	-

6 months – 11 years	<b>Deficiency</b> ( $<25$ nmol/L)	<b>Insufficiency</b> (25-50 nmol/L)
Oral treatment	Colecalciferol 6000 IU / day. Give as Thorens (200 IU/drop - 10,000 IU/mL)	400-600 IU once a day (0.6mL Abidec* or equivalent OTC preparation)  *Abidec is contraindicated in peanut allergy - Dalivit 0.6ml is a peanut free alternative
IM/PO Stoss therapy (over 12 months)	Ergocalciferol 300,000 IU IM x1 (or colecalciferol 300,000 IU PO)	-

<6 months old	<b>Deficiency</b> ( $<25$ nmol/L)	<b>Insufficiency</b> (25-50 nmol/L)
Oral treatment	Colecalciferol 3000 IU / day. Give as Thorens (200 IU/drop - 10,000 IU/mL)	400-600 IU once a day (0.6mL Abidec*)  *Abidec is contraindicated in peanut allergy - Dalivit 0.6ml is a peanut free alternative
IM/PO Stoss therapy (over 12 months)	Not usually recommended	-

3 months of treatment is required at least for deficiency and this is to be carried out by a prescriber. Then consider 400-600 IU once a day in the long-term to prevent deficiency reoccurring, parents/guardians should be directed to purchase over-the-counter after this time.

Do not use multivitamins for higher doses.

[National Osteoporosis Society Guidelines](#)