

Medicines Optimisation

# Prescribing Memo

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## Vitamin D Prescribing in Multiple Sclerosis

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### Main Points

North Durham GPs have received requests from secondary care to initiate and/or continue high-dose vitamin D to treat patients with Multiple Sclerosis (MS).

There has been recent debate about the role of low levels of vitamin D in the aetiology and treatment of MS, and there are currently a number of studies looking at the effect of vitamin D supplements in relapsing-remitting MS.

A recent [Cochrane Review](#) concluded that '*The evidence from this review does not at present allow confident decision-making about the use of Vitamin D in MS since it was from a single low powered trial with the limitation of a potential high risk of bias. However, some evidence for the safety and effectiveness of administering high doses of vitamin D for the management of multiple sclerosis and some benefits to patients in terms of clinical improvement were suggested by the review.*'

Until further evidence becomes available regarding the effectiveness, place in therapy and recommended dose of vitamin D in multiple sclerosis, clinicians are advised to discuss prescribing requests on an individual basis, and to clarify the vitamin D status of the patient and monitoring requirements for plasma-calcium concentrations.

[This factsheet from the MS Trust](#) discusses the arguments for and against the use of Vitamin D.