

Position Statement: Self-care with Vitamin D3 (coleciferol) for maintenance or prevention of deficiency

In line with National Guidelines, Nottingham and Nottinghamshire CCG does not support the prescribing of Vitamin D3 (coleciferol) for maintenance or prevention of deficiency. Patients should be advised to purchase these products over the counter

However, where implementation of this guidance is not immediately possible Valupak Vitamin D3 1000i.u. should be prescribed as an interim measure

Guidance from NHS England (NHSE) following a national consultation recommends that vitamins and minerals should not be routinely prescribed in primary care due to limited evidence of clinical effectiveness.

Nottinghamshire has clear guidelines around vitamin D3, which states that Vitamin D3 (coleciferol) may be purchased over the counter and patients should be encouraged to buy supplements. Prescriptions for vitamin D3 should be reserved for the treatment of patients with symptoms of deficiency or confirmed deficient vitamin D3 levels that require treatment with loading doses. Subsequent maintenance doses should then be purchased OTC. Public Health England (PHE) recommends that everyone should consider buying a daily supplement containing vitamin D3 equivalent to an average daily intake of 400 i.u. / 10 micrograms to protect and maintain bone, teeth and muscle health.

Patients currently prescribed colecalciferol (generic or brand) up to 2000 i.u. / 50micrograms per day should be moved to self-care.

For many it will be appropriate have their repeat prescription stopped and be sent a letter to inform them of this change. Included with the letter will be information on how to maintain/improve vitamin D levels through lifestyle and guidance on purchasing an appropriate supplement.

For others it may be more appropriate to discuss the change to self-care at next medication review

Where prescribing vitamin D3 for maintenance and prevention is continued this should be as part of plan to discontinue in due course, and as an interim should be prescribed as **Valupak Vitamin D3 1000i.u.**

Women and children who qualify for the Healthy Start scheme can get free supplements containing the recommended amounts of vitamin D. More information can be obtained from <https://www.healthystart.nhs.uk/>

The following patients can continue to have their vitamin D prescribed, however continuing need should be reviewed on a regular basis.

1. Patients who are prescribed Calcium/Vitamin D combinations for osteoporosis / osteopenia.
2. Patients prescribed vitamin D analogues e.g alfalcidol.

Please see current APC guidance for the most cost effective product for prescribing in these patients.

This position statement is not intended to affect the management of patients with osteoporosis or osteopenia who are receiving calcium and vitamin D products or Vitamin D preparations alone. Other excluded groups include patients treated with hyperparathyroidism, hypercalcaemia and patients receiving parenteral osteoporosis treatment.