

# Vitamin D Prophylaxis during COVID-19 Pandemic

NICE advise that all adults living in the UK, including people at increased risk of vitamin D deficiency, should take a daily supplement containing 400 international units (IU [10 micrograms]) of vitamin D throughout the year, including in the winter months.

<https://cks.nice.org.uk/vitamin-d-deficiency-in-adults-treatment-and-prevention#!scenario:1>

The trust keeps colecalciferol 1,000 IU which can be prescribed daily to supplement vitamin D. People with psychosis are at particularly high risk of vitamin D deficiency. This dose of vitamin D is safe regardless of vitamin D levels but seek specialist advice if any patient meets any of the following:

- Has hypercalcemia or a history of hypercalcemia
- History of renal stones
- History of sarcoidosis
- Has renal impairment (eGFR<60mls/min) (1,25 dihydroxy vitamin D may be needed)

Where vitamin D deficiency / insufficiency is suspected please follow NICE guidance for management of vitamin D deficiency or insufficiency <https://cks.nice.org.uk/vitamin-d-deficiency-in-adults-treatment-and-prevention#!scenario>

Please also see Whittington Health guideline for Treatment of Vitamin D deficiency / insufficiency in adults.

## Contacts

For Further support and advice:

**Inpatient and mental health services:** Ward Pharmacist or contact pharmacy department [pharmacy@candi.nhs.uk](mailto:pharmacy@candi.nhs.uk) Tel: 0207 561 4104/3