

## Vitamin D Product Changes

Gateshead Medicines Management Committee (GMMC) has recently updated guidelines for primary care prescribers regarding vitamin D preparations. Gateshead practices are likely to start to review patients on alternative regimes and move them over to the preferred options. It could be worth reviewing your stockholding of these items and bearing this information in mind when counselling patients or conducting MURs.

Dekristol is no longer being prescribed in primary care.

Where a high-dose product is needed:

1 <sup>st</sup> Line	Bio-Vitamin D3 20,000 units 1 three times a week for 10 weeks (or 3 on a single day once a week for 10 weeks)
2 <sup>nd</sup> Line	Pro D3 20,000 units 1 three times a week for 10 weeks (or 3 on a single day once a week for 10 weeks) To be used if a vegan, vegetarian or Kosher product is needed

Bio-Vitamin D3 has been chosen as the first-line product as it is stocked by all 3 major wholesalers (AAH, Alliance and Phoenix) and is available with a certificate of analysis.

Please note that Alliance class these items as OTC lines so it can take an extra day for deliveries to arrive.

Pro D3 is stocked by both AAH and Phoenix. The manufacturer has indicated that pharmacies using Alliance as a primary wholesaler would have orders fulfilled via Phoenix.

## Calcium & Vitamin D products

These are the formulary products for use in Gateshead:

Calcichew D3 caplet

Adcal D3 chewable tablet

Calfovit D3 sachets

Other products may still be prescribed due to patient preference or where a recommendation has been made outside the area. It is anticipated that the majority of new patients would be started on one of the above products. There have recently been some suggestions made to patients to ask their GP for a sugar-free alternative. The sucrose content of these products is minimal (<0.007% of daily recommended sugar intake) and necessary as part of the vitamin D concentrate.

## Lower dose daily vitamin D without calcium

The GMMC approved Desunin 800 units tablets to be used in circumstances where daily vitamin D is required without any additional calcium.

Bio-vitamin D3 1000 units and Pro D3 1000 units may also be used.

## Products for children

Where a higher dose treatment is needed:

Age	Product
Under 6m	Pro D3 Forte Liquid 300iu/ml 1ml daily for 10 weeks
6m to 12y	Pro D3 Forte Liquid 300iu/ml 2ml daily for 10 weeks
12y to 18y	Pro D3 10,000 units capsules – 1 daily for 10 weeks

For daily (maintenance doses):

Up to 1 year – Abidec (0.3ml daily) or Dalivit (7 drops daily)

Over 1 year – Abidec (0.6ml daily) or Dalivit (14 drops daily)

If any stock shortages are experienced please email [queries@pharmicus.org](mailto:queries@pharmicus.org) so that the Pharmicus team are alerted and can advise Gateshead practices accordingly to change what is prescribed to minimise inconvenience for patients and workload for all to change prescriptions that have been issued.