

Patient Information Sheet

LOW VITAMIN D REPLACEMENT INSTRUCTIONS

PATIENT INSTRUCTIONS:

This page outlines the oral vitamin D supplementation you require. Please follow the dosing instructions checked-off under the Vitamin D Supplement Schedule below. Pay close attention to whether it is D3 or D2, the international units (IU) and how often you need to take it. You can purchase vitamin D at any drug store, over the counter.

Date:

Patient Name:

DOB:

PHN:

SERUM 25-OH VITAMIN D LEVELVITAMIN D REPLACEMENT REQUIRED

Patient's Current Level =

Vitamin D LevelVitamin D Supplement Schedule

Less than 50 nmol/L

 Vitamin D2 50 000 IU once per week

50 nmol/L – 75 nmol/L

 Vitamin D3 2000 IU once per day
