

## Inflammatory Bowel Disease Standardized Care Protocols

**Title:** VITAMIN D REPLACEMENT

**Objective:** Monitor for and manage vitamin D deficiency

**Patient population:** individuals with known diagnosis of IBD and low serum 25-hydroxyvitamin D

**IBD Provider:**

1. Check serum Vitamin D annually

**Adult**

- a. If 75-125nmol/l - recommend 2000 IU daily
- b. Replace if <75 nmol/L

**Pediatrics**

- a. If level >80: recommend 1000 IU per day
- b. If 50-80: recommend 2000 IU per day
- c. If <50, loading dose, followed by 1000 IU per day

\*loading dose (IU) = (80 nmol/L – serum vitamin D level) x 40 x body weight

2. Generate a vitamin D replacement Rx as per options for replacement below and give it to support staff

**Support Staff:**

1. Use letter templates for low vitamin D and send to the patient and one to the patient’s GP.
2. Print a bloodwork requisition to test vitamin D and calcium levels, for the patient to complete in 4 months

**Table 1 Options for replacement**

Type of Vitamin D	Availability	Dosage	Form	Route
Vitamin D3	OTC	400 IU, 1000 IU	Tablet	Oral
Vitamin D3 (D-VI-SOL)	OTC	400 IU/ml,	Liquid	Oral
Vitamin D3 (DDROPS)	OTC	600 or 1000 units/drop (5ml=180drops)	Liquid	
Vitamin D3 (Euro-D)	Rx	10,000 IU	Capsule	Oral
Vitamin D3	Rx	2000-75,000 IU	Capsule/Tab	Oral
Vitamin D2 (OSTO-D2, D-FORTE)	Rx	50,000 IU	Capsule	Oral
Calcitriol (ROCALTROL)	Rx	0.25ug, 0.5ug	Capsule	Oral
Cholecalciferol (in sesame oil)	Rx	250,000 - 500,000 IU	Injection	Intramuscular

**Table 2 Recommended dose**

Vitamin D level	**Intramuscular
50-75 nmol/L	250,000 IU x 1
<50 nmol/L	500,000 IU x 1

\*\* not applicable to pediatrics

<sup>1</sup>Vitamin D3 may have a longer half-life than vitamin D2 and may be more potent, causing two- to threefold greater storage of vitamin D.

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### Other resources:

Vitamin D supplementation evidence <https://www.rxfiles.ca/rxfiles/uploads/documents/Vitamin-D-Overview-QandA.pdf>

Patient education: Vitamin D deficiency (Beyond the Basics) (freely accessible)

<https://www.uptodate.com/contents/vitamin-d-deficiency-beyond-the-basics#H13>

Easy to read list of common foods rich in vitamin D <https://osteoporosis.ca/bone-health-osteoporosis/calcium-and-vitamin-d/vitamin-d/>