



Diabetes Team

Vitamin D Deficiency

Information for patients, parents, carers

Introduction

This leaflet has been included with your diabetes letter as your blood test shows low Vitamin D levels.

Why is Vitamin D Important?

Vitamin D is needed for strong bone health. Improving low levels can also help with diabetes control. Unlike other vitamins, the main source is the sun rather than food. However in the UK, the sun can only make Vitamin D in summer months. This is why people often need supplements.



What Should I Do?

Your Diabetes Consultant will ask your GP to prescribe a treatment course of high dose Vitamin D. Please contact your GP practice to arrange this.

Following this, we would suggest having daily supplements. They can be in the form of tablets or sprays from pharmacies or supermarkets. The advised dose for children over 1 year of age is 10 micrograms (sometimes abbreviated to mcg or μg) or 400 international units daily. Over the counter multivitamin supplements may contain some vitamin D and you should check the list of ingredients on the packaging to see the amount.

Please speak to your pharmacist if you are vegetarian or vegan to make sure the supplement is suitable.

Your diabetes doctor will recheck vitamin D levels at the next clinic appointment. If you have any questions, please contact your diabetes team.

This leaflet only gives general information. You must always discuss the individual treatment of your child with the appropriate member of staff. Do not rely on this leaflet alone for information about your child's treatment.

This information can be made available in other languages and formats if requested.

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