

APPENDIX TWO

MANAGEMENT OF VITAMIN D DEFICIENCY IN CHILDREN

Age	Acute	Maintenance	Monitoring
< 1 month	Vitamin D: 1000 IU (25 µg) daily for 3 months		<p>1 month: Serum calcium and alkaline phosphatase.</p> <p>3 months: Serum calcium, magnesium, phosphate, alkaline phosphatase, 25-hydroxyvitamin , parathyroid hormone. Wrist x-ray to assess healing of rickets.</p> <p>Annual: 25-hydroxyvitamin D</p>
1-12 months	Vitamin D: 3000 IU (75 µg) daily for 3 months OR 300,000 IU (7500 µg) over 1-7 days	Vitamin D: 400 IU (10 µg) daily OR 150,000 IU (3750 µg) at the start of autumn†	
>12 months	Vitamin D: 5000 IU (125 µg) daily for 3 months OR 500,000 IU (15,000 µg) over 1-7 days		

Reference: modified from Consensus Statement MJA 2006; 185 (5): 268-272

† Ergocalciferol (vitamin D2) or cholecalciferol (vitamin D3). ‡ This is high-dose vitamin D therapy (stoss therapy), and hypercalcaemia and nephrocalcinosis have been reported with such therapy in well nourished children.