



ADULT MEDICATION GUIDELINE

COLECALCIFEROL (CHOLECALCIFEROL)

Scope (Staff):	All WNHS Staff
Scope (Area):	Obstetrics and Gynaecology

This document should be read in conjunction with the [Disclaimer](#).

Quick Links

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Restrictions

[Formulary: Restricted](#)

(Oral liquid: For patients who are unable to tolerate oral tablets/ capsules)

Medication Class

Vitamin D

Presentation

Capsule: 25 micrograms (1000 units)

Oral Liquid: 25 micrograms/0.2mL (1000 units)

Storage

Store at room temperature, below 25°C

Dose

Dose equivalence:

1 microgram = 40 international units

DURING PREGNANCY

If serum level \geq 50 nmol/L:

Oral: 10 micrograms (400 units) daily as part of a pregnancy multivitamin

If serum level 30-49 nmol/L:

Oral: 25 micrograms (1000 units) daily

If serum level <30nmol/L:

Oral: 50 micrograms (2000 units) daily for 6 weeks.

After 6 weeks of treatment, a maintenance dose of 1000 units daily is recommended at least until the cessation of lactation. Repeat Vitamin D blood test is not required.

Administration

Taking it with food can assist with absorption.

Monitoring

Serum Vitamin D, calcium level

For more information, please refer to WNHS Clinical guideline: [Vitamin D deficiency in pregnancy](#)

Pregnancy

1st Trimester: Safe to use

2nd Trimester: Safe to use

3rd Trimester: Safe to use

Breastfeeding

Safe to use

Related Policies, Procedures & Guidelines

WNHS Patient Information Leaflet:

[KEMH: Colecalciferol for vitamin D deficiency](#)

WNHS Clinical Practice Guidelines:

[WNHS: O&G: Vitamin D deficiency in pregnancy](#)

[CAHS: Neonatology: Maternal Vitamin D Deficiency](#)

For more information, please contact [KEMH Obstetric Medicines Information Service](#).

References

The Royal Australian and New Zealand College of Obstetricians and Gynaecologists. Vitamin and Mineral Supplementation and Pregnancy; 2019 [cited 2022 Apr 20]. Available from: <https://ranzcog.edu.au/>

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