### Alert
1 microgram colecalciferol provides 40 IU of vitamin D activity.

### Indication
Prevention and treatment of vitamin D deficiency
Preterm infant is deficient in Vitamin D secondary to maternal Vitamin D deficiency, lower fat stores and prolonged hospitalisation that prevents cutaneous synthesis as a source of Vitamin D.

### Action
Vitamin D enhances intestinal absorption of calcium and phosphorus. Adequate vitamin D status maintains plasma levels of calcium and phosphate that are necessary for normal bone mineralisation and neuromuscular function.

### Drug Type
Fat soluble vitamin

### Trade Name
OsteVit-D Liquid Oral drops; Ostelin Vitamin D Liquid Kids

### Presentation
- 1000 units/0.2 mL (equivalent to 5000 units/mL) "OsteVit-D Liquid Oral drops"
- 200 units/0.5 mL (equivalent to 400 units/mL) "Ostelin Vitamin D Liquid Kids"

### Dosage/Interval
Supplementation to meet daily requirements 10–160 IU/day
- Parenteral: 40–160 IU/day
- Enteral: 800–1000 IU/day (Consider vitamin D intake infant is already receiving from feeds and/or Penta-vite (400 IU per 0.45 mL)

Treatment of vitamin D deficiency (Rickets)
- 1000 IU/day for 2–3 months (review with Ca/PO₄/ALP/25-OH Vitamin D monthly)

### Route
PO

### Maximum Daily Dose
1000 IU/day

### Preparation/Dilution
PO

### Monitoring
25-hydroxy vitamin D, calcium and phosphate, parathyroid hormone, alkaline phosphatase

### Contraindications
Hypercalcaemia, vitamin D toxicity

### Precautions
Use with caution in renal impairment, renal calculi or elevated serum phosphate. Consider total daily vitamin D dose when concurrent use of Human Milk Fortifier, formula, Penta-vite or IV lipids. ESPGHAN guidelines recommend a total of 800 to 1000 units/day (not per kg).

### Drug Interactions

### Adverse Reactions
Vomiting, paraesthesiae and hypercalcaemia
Nephrocalcinosis (generally not seen until concentrations of 625–750 nmol/L are reached).

### Compatibility
Not applicable.

### Incompatibility
Not applicable.

### Stability
Store below 25°C. Protect from light.
1000u nits/0.2 mL strength: Stable until expiry date on bottle.
200 units/0.5 mL strength: Refrigerate after opening and discard 40 days after opening to reduce risk of microbial contamination. Write date of opening on packaging.

### Special Comments
Evidence summary
As per NMF Consensus Group. Refer to reference manual or electronic version.

References
As per NMF Consensus Group. Refer to reference manual or electronic version.

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<tr>
<th>Original version Date: 15/11/2016</th>
<th>Author: Neonatal Medicines Formulary Consensus Group</th>
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<tr>
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