

Vitamin D Supplementation

For babies discharged from Ballarat Health Services



Your baby has been commenced on a vitamin D supplement to treat or prevent vitamin D deficiency (a low vitamin D level in the blood).

Which babies are at risk of vitamin D deficiency?

- Premature babies born less than 37 weeks gestation
- Babies weighing less than 2 kg at birth
- Babies born to vitamin D deficient mothers, who are breastfed
- Babies with dark skin

How long will my baby need a vitamin D supplement?

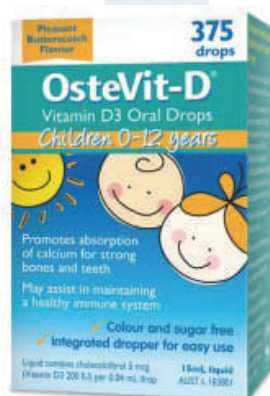
Your baby will need to continue taking a vitamin D supplement until they are 12 months of age, or as otherwise advised by your Doctor.

What vitamin D supplement should I use?

There are many different vitamin D products available. Any brand of supplement may be used, provided you give your baby the correct dose, and no one brand is better than another. Some products need to be measured in millilitres with a syringe, whilst other products contain a dropper and are measured in number of drops.

Some examples of vitamin D supplements are listed below.

OsteVit-D® Liquid for Children



Dose: 2 drops daily

OsteVit-D® Liquid



Dose: 0.1 mL daily

Pentavite® Oral Liquid (0-3 years)



Dose: 0.45 mL daily

Where can I purchase a vitamin D supplement?

The vitamin D supplements listed above can be purchased over the counter from most community pharmacies. Remember to read the instructions carefully and follow the dosing advice listed above to ensure your baby receives the correct dose. Ask your Doctor or Pharmacists for advice if you are unsure.

Do I need a prescription?

No, you do not need a prescription to purchase the vitamin D supplements listed above and no brand of vitamin D liquid supplement is available on the Pharmaceutical Benefits Scheme, therefore concession card holders will not be able to buy these products for the concession price.

Who can I contact for further information?

If you require further information about vitamin D supplements for your baby, contact either

- Ballarat Health Services Pharmacy Department on 5320 4113
- Special Care Nursery on 5320 4982
- or see your local Doctor.

