

Calcium and Vitamin D, and Vitamin D Summary of formulary choices in adults over 18 years

Calcium and Vitamin D

Product	Strength per tablet/sachet	Calcium Equivalence per tablet	Dose ¹	Cost ² (per 28 days)
First choice: For patients who are happy to have, or require, a chewable tablet or if a once daily preparation is preferred.				
Calci-D chewable tablets	2.5g + 1000iu	1g	One tablet daily	£2.25
Second choice: For patients who do not want, or are unable to take, a chewable tablet.				
Accrete D3 tablets	1.5g + 400iu	600mg	One tablet twice daily	£2.75
Adcal D3 caplets	750mg + 200iu	300mg	Two tablets twice daily	£2.95
Third choice: For patients who are unable to take chewable tablets/tablets so require a soluble preparation				
Adcal D3 Dissolve effervescent tablets	1.5g +400iu	600mg	One tablet twice daily	£5.99
Option: For patients who require a reduced dose of calcium but still require the recommended dose of Vitamin D				
Kalci-pos-D chewable tablets	1.25g + 800iu	500mg	One tablet daily	£3.93

Further information on the prescribing of calcium and vitamin D is available in the Management of Osteoporosis and Fragility Fracture Risk Barnsley Guideline available at:

http://barnsleybest.nhs.sitekit.net/clinical-support/medicines/prescribing-guidelines/Fracture_prevention_and_Osteoporosis_guideline.pdf?UNLID=219204308201754145012

Vitamin D

Further information on the prescribing of vitamin D is available in the Barnsley Management of Low Vitamin D Level in Adults guideline available at: https://best.barnsleyccg.nhs.uk/clinical-support/medicines/prescribing-guidelines/Vit_D_Management_Guideline.pdf

Adults: Loading dose = 300,000iu over 6-12 weeks (indicated in Vitamin D Deficiency (below 25nmol/L))

Product	Pack size	Strength	Dose ¹	Cost ² (per loading dose course of 300,000iu)
Stexerol Tablets	12 tablets	25,000iu per tablet	Two tablets weekly for 6 weeks	£17.00 (12 tablets)
InVita D3 liquid ('snap and squeeze' plastic ampoule)	3x1ml	50,000iu/ml	1ml once a week for 6 weeks	£12.50 (6x1ml)
Thorens Liquid (single dose bottle)	4x2.5ml	25,000iu/2.5ml	2.5ml twice a week for 6 weeks	£17.55 (12x2.5ml)

Adults: Enhanced dose therapy = 800iu – 2000iu daily

- Commenced after loading dose therapy course completed and taken long term OR used long-term in certain patients with Vitamin D Insufficiency (level 25-50nmol/L) – see vitamin D guidelines above.
- Should be purchased over the counter in line with self-care guidance*

- Refer to the [vitamin D guidelines](#) for suitable products for enhanced dose therapy (as a guide this would generally be a vitamin D preparation which gives 800iu-1000iu colecalciferol daily e.g. Stexerol 1000iu tablet, take one tablet daily)

* NHS Barnsley CCG in line with NHS England self-care recommendations does not promote the prescribing of vitamin D for maintenance or preventative therapy. Patients requiring maintenance or preventative therapy should be advised to purchase a suitable vitamin D supplement over the counter in line with the [Barnsley self-care guidance](#) and vitamin D guidelines above.

NHS England does not classify maintenance or preventative treatment as exceptions.

Clinicians should prescribe Colecalciferol preparations by the brand name as prescribing generically may result in expensive specials being supplied which could cost several hundred pounds per prescription.

References

1. BNF Available at: <https://bnf.nice.org.uk/drug/#C>
2. MIMS online. Accessed via medicines Management Team Members (Paid for subscription)
3. Barnsley Management of Low Vitamin D Level in Adults guideline available at: https://best.barnsleyccg.nhs.uk/clinical-support/medicines/prescribing-guidelines/Vit_D_Management_Guideline.pdf

This guideline was ratified by the Area Prescribing Committee on 9th February 2022. Minor amendment December 2022 (change of Calfovite D3 to Adcal D3 Dissolve).