



## Low Vitamin D Replacement Instructions – Oral

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### Patient Instructions:

This page outlines the oral vitamin D supplementation you require. Please follow the dosing instructions checked-off under the Vitamin D Supplement Schedule below. Pay close attention to whether it is D3 or D2, the international units (IU) and how often you need to take it. You can purchase vitamin D at any drug store, over the counter.

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| Date:<br>Patient Name:<br>DOB:<br>PHN: |
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**Serum 25-OH Vitamin D Level**  
Patient's current level =

**Vitamin D Level**  
Less than 50nmol/L  
50nmol/L – 75nmol/L

**Vitamin D Replacement Required**

**Vitamin D Supplement Schedule**

- Vitamin D2 50 000 IU once weekly
- Vitamin D3 2 000 IU once daily

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Disclaimer statement: The information provided in this document should never replace clinical judgement. The care outlined in this document must be altered if it is not clinically appropriate for the individual patient