

# Vitamin D and Bone Health: A Practical Clinical Guideline for Patient Management

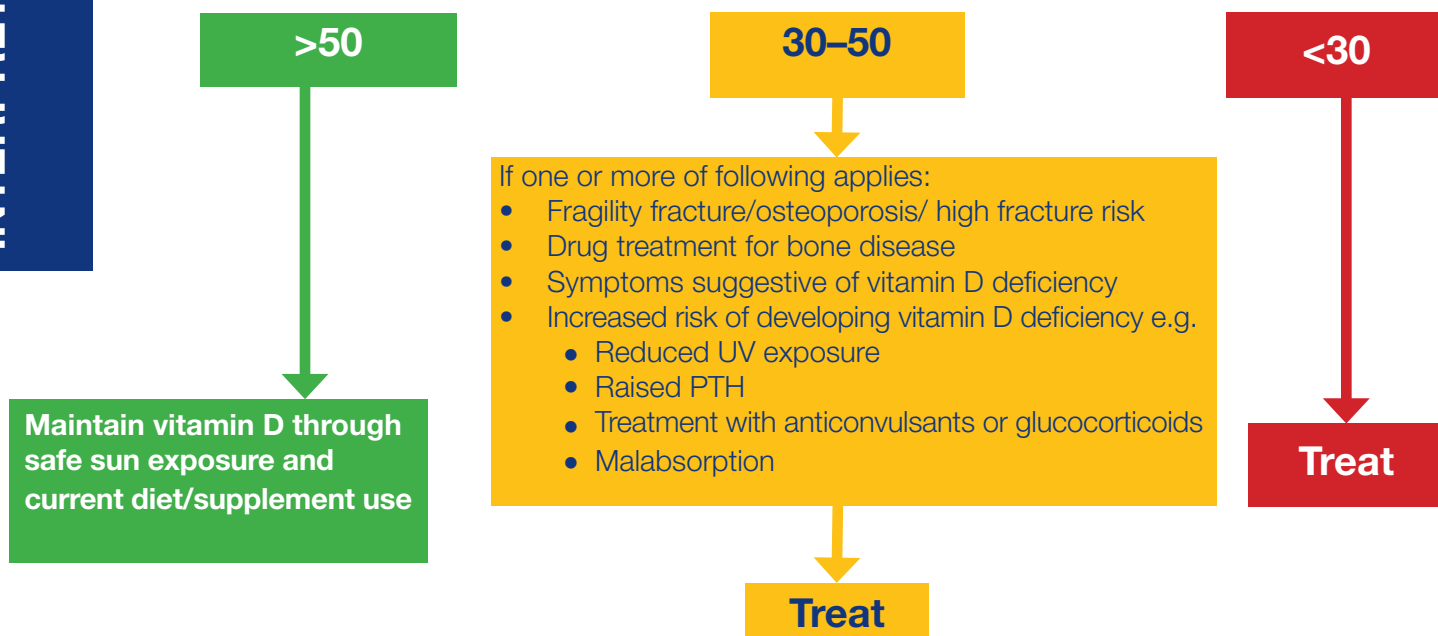
The quick guide (for use in conjunction with full guideline [www.nos.org.uk/professionals/publications](http://www.nos.org.uk/professionals/publications))

## WHO TO TEST

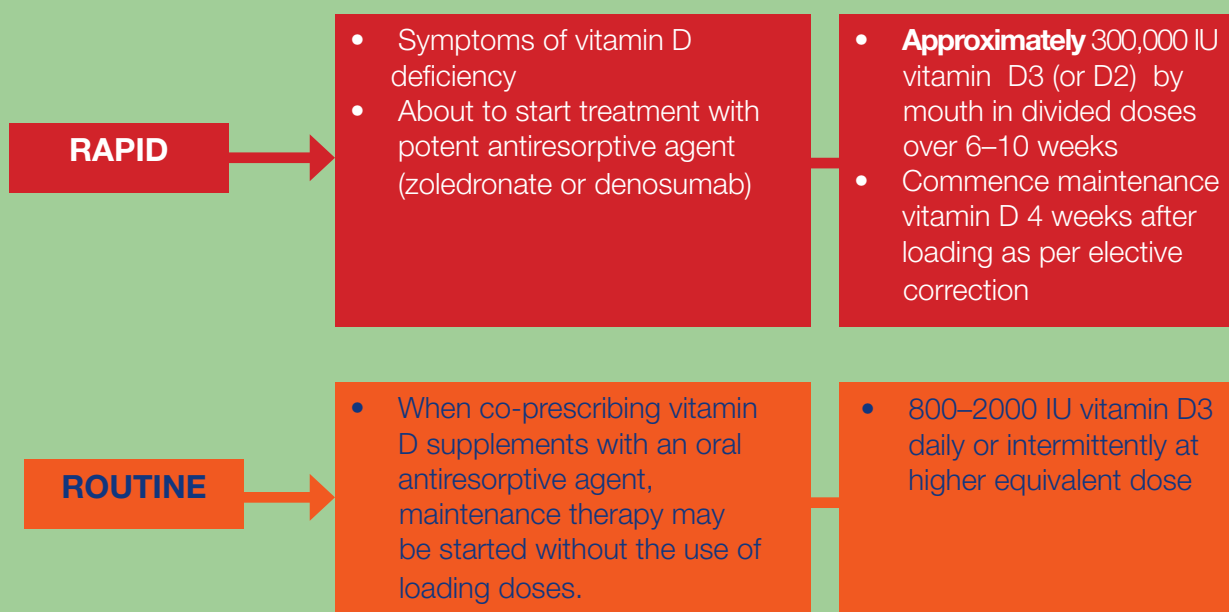
1. Patients with diseases with outcomes that may be improved with vitamin D treatment e.g. confirmed osteomalacia, osteoporosis
2. Patients with symptoms that could be attributed to vitamin D deficiency e.g. suspected osteomalacia, chronic widespread pain
3. Before starting patients on a potent antiresorptive agent or oral therapy if not going to be co-prescribed vitamin D containing supplements

## INTERPRET

### 25OH vitamin D (nmol/L)



## TREAT Ensure calcium replete



## FOLLOW UP

### CAUTION

- Check serum adjusted calcium 4 weeks after treating with loading doses of vitamin D. Vitamin D repletion may unmask primary hyperparathyroidism
- Routine repeat vitamin D testing is not required

Example regimens are give in appendix 1 of the full practical guide