

Insert Practice header or print onto headed paper

[Practice Name]

[Address]

[Tel]

[Fax]

[Email]

[Date]

[Name and Address of Patient]

Re: Your prescription of Vitamin D supplementation for adults

Dear Mr/Mrs/Miss [Surname],

We regularly review the medicines that we prescribe. This is to check we are using the most effective and good value medicines.

You are currently prescribed a vitamin D maintenance dose as a supplement. Following an update to NHS England guidance, vitamins and minerals should only be prescribed on the NHS for certain patients with specific conditions. This guidance can be found by visiting their website: <https://www.england.nhs.uk/medicines/conditions-for-which-over-the-counter-items-should-not-routinely-be-prescribed/>

What does this mean for me?

Your GP or Practice based pharmacist has reviewed your record, stopped your prescription for maintenance Vitamin D and recommended that you purchase a Vitamin D supplement.

Vitamin D works with calcium and phosphorus for healthy bones, muscles and teeth. It is found naturally in a small number of foods including oily fish, red meat, liver and egg yolks and in fortified food like breakfast cereals and fat spreads.

Public Health England advises that in spring and summer, the majority of the population get enough vitamin D through sunlight on the skin and a healthy, balanced diet. During autumn and winter, everyone will need to rely on dietary sources of vitamin D. Since it is difficult for people to meet the 10 microgram (400 unit) recommendation from consuming foods naturally containing or fortified with vitamin D, people should consider taking a daily supplement containing 10 micrograms (400units) of vitamin D in autumn and winter.

Vitamin D maintenance doses are widely available to purchase over-the-counter from your local pharmacy, supermarket or health food shop and cost as little as 1.7p per day. It can also be found in multivitamin and mineral supplements.

Your local community pharmacist will be able to advise which product is most suitable for you.

How much Vitamin D do I need?

GP practice to tick relevant option		Recommended maintenance dose of Vitamin D to be purchased
	No previous vitamin D level of less than 50 and no history of being prescribed loading dose of Vitamin D	<p>10 micrograms (400units) to be taken daily during October to End March.</p> <p>If one or more of the following risk factors present 10 micrograms (400units) to be taken daily all year round.</p> <p>Risk Factors:</p> <ul style="list-style-type: none"> • Your skin has little or no exposure to the sun • You are from an ethnic minority group with dark skin, from African, Afro-Caribbean and South Asian backgrounds • You are aged over 65years • You are pregnant or a breastfeeding mother
	Previous Vitamin D level of less than 50 and/ or history of being prescribed loading dose of Vitamin D	<p>Maintenance treatment of about 20 micrograms (800units) daily.</p> <p><i>NB. Higher doses of up to 25 – 100 micrograms (1000 to 4000 units) a day, may be used for certain groups of people, for example those with malabsorption disorders.</i></p>

Who can I talk to about these changes?

If you have any questions or concerns regarding this change please discuss these with the practice based pharmacist contactable via **SURGERY NAME** or on phone number **xxxxxx**.

If you still have concerns, please contact the Patient Advice and Liaison Service (PALS) on 01992 566122/3, Freephone 0800 7833396 or email weccg.comments@nhs.net.

Thank you for your co-operation and understanding.

Yours sincerely,

CCG practice based pharmacist