



# Vitamin D (Colecalciferol) Solution Guide for caregivers

## Name of drug

You have been given a Vitamin D solution.  
**Each 0.2mL contains 1000 units, which is equivalent to 25 micrograms of Vitamin D3.**

## Why is it important for my baby to take this medicine?

Babies get their initial store of Vitamin D from their mothers. Therefore, the baby's Vitamin D requirements are influenced by their mother's levels and other factors, such as limited sun exposure. If the mother of a breastfed baby has low Vitamin D (or had low Vitamin D during pregnancy), her baby is also at risk of low Vitamin D. Breastmilk contains little Vitamin D so babies at risk of low Vitamin D often require supplementation.

Vitamin D is important for the development of bone and muscle. It may also be important for language development in children. While deficiency may not cause any symptoms, without treatment there can be negative health effects and increased risk of conditions such as Rickets (soft, weakened bones) in children, and bone and muscle pain.

## How much should I give?

Doses vary between prevention and treatment of Vitamin D deficiency. A baby requiring prevention dose, 0.1mL once a day, should continue this dose until commencement of solids.

A baby requiring treatment dose, 0.2mL once a day, should continue this dose for at least three months, or until review by your GP.

## How should I give it?

To administer Vitamin D to your infant, use the

dropper or oral syringe provided to draw up 0.1mL or 0.2mL of solution as prescribed. Do not use a kitchen teaspoon, as it will not give the right amount. Make sure your baby takes the full dose.

The solution can be given into your baby's mouth by squeezing the dropper or pushing the plunger of the syringe all the way in to deliver the full dose.

Medications should not be mixed with feeds in baby bottles as it is hard to tell what dose the infant/child has had if they are reluctant with feeds and do not finish the bottle.

## What if I forget to give it?

*If you usually give it once a day in the morning:*  
Give the missed dose when you remember during the day, as long as this is at least 12 hours before the next dose is due.

*If you usually give it once a day in the evening:*  
If you remember before bedtime, give the missed dose. You do not need to wake up a sleeping child to give a missed dose. You can give the missed dose in the morning, as long as this is at least 12 hours before the evening dose is due.

## Are there any possible side-effects?

We use medicines to make our children better, but sometimes they have other effects that we don't want (side effects). Vitamin D solution is generally well tolerated, so your child is unlikely to have side effects.

## Where should I keep this medicine?

Keep this medicine in a cool dry place out of reach of children. It does not need to be refrigerated after opening.

**Please speak to your pharmacist if you have any concerns or questions.**