

Vitamin D prescriptions

The practice is reviewing patients who are currently prescribed vitamin D (colecalfiferol) products to maintain their vitamin D levels.

In March 2018, NHS England advised Clinical Commissioning Groups that vitamins and minerals should not be regularly prescribed in primary care to patients who are not deficient. This is because there is limited evidence of clinical effectiveness for using these treatments. The recommendation includes prescribing of products for maintenance of vitamin D levels.

As a result of this guidance, we are no longer going to issue prescriptions for routine vitamin D supplementation. This applies to patients, who normally receive prescriptions free of charge and to those who pay for prescriptions.

Vitamin D supplements are readily available at low cost from pharmacies, health food stores and larger supermarkets for purchase if you choose to continue taking vitamin D supplements.

Your current prescription for 800units of colecalfiferol is equivalent to 25micrograms of vitamin D

Examples locally include:

Wilkinson's Vitamin D 12.5microgram tablets – 90 for £1.50

Morrison's Vitamin D 12.5microgram tablets – 90 for £2.25

Asda Bone Health High strength Vitamin D 25microgram tablets – 60 for £2.00

Boots Vitamin D 25microgram tablets – 90 for £5

More information on how prescribing for medications available over the counter is changing is available here: <https://www.england.nhs.uk/wp-content/uploads/2018/08/1a-over-the-counter-leaflet-v1.pdf>

If you have any questions about this, please contact the practice