

INFORMATION AND FOLLOW-UP LETTER

Maternal Vitamin D deficiency and family monitoring by GP

Date:...../...../.....

ADDRESSOGRAPH

Dear Dr,

Thank you for reviewing Ms/Mrs ..... and her family. This patient was identified as

- Mildly vitamin D deficient confirmed on blood test (25-50 nmol/L)
- Unscreened and/or at risk for vitamin D deficiency;
  - Veiled
  - Dark-skinned
  - Previously diagnosed/treated vitamin D deficiency
  - Limited sun exposure
- Moderate (12.5-25 nmol/L) to severe ( $\leq 12.5$  nmol/L) vitamin D deficient confirmed on maternal blood test

Normal maternal vitamin D level is  $>50$ nmol/L and ideally  $>78$ nmol/L. Neonatal vitamin D recommended daily intake (RDI) is  $\geq 400$  IU daily. Breast milk contains 250-400 IU vitamin D /L. Most formulas contain  $\geq 400$  IU /L of Vitamin D. We would recommend screening those mothers at risk for Vitamin D deficiency and provide suggested management for infants below;

Formula fed infants of mildly deficient or 'at risk' mothers:

- No treatment generally required as most formulas contain sufficient vitamin D to accommodate RDI

Breast fed infants of mildly deficient (maternal Vitamin D 25-50nmol/L) or 'at risk' mothers:

- Suggest active supplementation of maternal Vitamin D intake
- Suggest monitoring infant for appropriate developmental progress, with particular focus on signs of infantile rickets (timing of onset from 6 – 18 months)
- Consideration may be given to supplementing Vitamin D intake Pentavite 0.45mL orally daily until commencement of solids

Infants of mothers with moderate to severely deficient (maternal Vit D  $<25$ nmol/L) mothers:

- The infant has been commenced on Vitamin D supplementation in the form of;  
Bio-Logical® solution; 1000 IU / 0.2 mL  
Dose: 0.2 mL orally daily for 3 months
- Monitor progress clinically thereafter, with low threshold for biochemical screening if any suggestion of rickets or delayed acquisition of milestones.

In families at risk or in whom vitamin D deficiency is confirmed in the mother, consider monitoring / investigation of other members and Vitamin D supplementation, especially in young children. KEMH guidelines are available via the internet.

Signature..... PRINT NAME..... Designation.....

Staff of the Neonatal Clinical Care Unit, King Edward Memorial Hospital