



**OBSTETRICS AND GYNAECOLOGY
CLINICAL PRACTICE GUIDELINE**

Vitamin D in Pregnancy

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|-----------------------|---|
| Scope (Staff): | WNHS Obstetrics and Gynaecology Directorate staff |
| Scope (Area): | Obstetrics and Gynaecology Directorate clinical areas at KEMH, OPH and home visiting (e.g. Visiting Midwifery Services, Community Midwifery Program and Midwifery Group Practice) |

This document should be read in conjunction with this [Disclaimer](#)

Testing

- Do not test vitamin D levels in pregnancy as part of routine pregnancy screening
- The Medical Benefits Schedule (MBS) restricts the testing of Vitamin D levels to high-risk groups including:
 - deeply pigmented skin, or
 - chronic *and* severe lack of sun exposure for cultural, medical, occupational, or residential reasons, or
 - malabsorption (e.g. cystic fibrosis, short bowel syndrome, inflammatory bowel disease, untreated coeliac disease, or a history of bariatric surgery).
- Do not re-test vitamin D, irrespective of previous level

Supplementation:

- Advise **all pregnant women to take vitamin D daily** e.g. 400 - 1000 units (this is irrespective of their skin pigment and / or sun exposure). This may be part of a pregnancy multivitamin.
- Advise women about safe sun exposure.
- All advice should be documented in the medical record.

Treatment of Vitamin D Deficiency

Whilst routine screening is no longer recommended, if screening has occurred and treatment is required, dosing should be as per the below table:

| 25OHD Level | Treatment Dose | Maintenance Dose |
|--------------------|----------------------------|-------------------------|
| 30-50 nmol/L | 1000 IU daily for 3 months | 1000 IU daily |
| <30 nmol/L | 2000 IU daily for 3 months | 1000 IU daily |



Neonatal: Refer to Child and Adolescent Health Service (CAHS) Neonatal Postnatal Wards Guideline: [Maternal Vitamin D Deficiency](#)

See also [RANZCOG Vitamin and Mineral Supplementation and Pregnancy](#) (C-Obs 25), the [Australian Government National Pregnancy Care Guidelines](#) and the [WNHS Pregnancy Birth and Your Baby](#) book for further information (e.g. healthy eating, vitamins).

References

The Royal Australian and New Zealand College of Obstetricians and Gynaecologists [RANZCOG]. C-Obs 25: [Vitamin and mineral supplementation and pregnancy](#). RANZCOG. 2019.

The Women's: Royal Women's Hospital. [Vitamin D Testing and Management – Maternity Patients and Newborns – Guideline](#). 2021.









Related WNHS policies, procedures, guidelines, documents

WNHS Pharmacy:

- Adult medication guideline: [Colecalciferol \(Cholecalciferol\)](#)
- Patient brochure: [Colecalciferol for Vitamin D Deficiency](#)

Child and Adolescent Health Service (CAHS) Neonatal Postnatal Wards Guideline [Maternal Vitamin D Deficiency](#)

Obstetrics and Gynaecology related guidelines: [Antenatal Care Schedule](#)

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Version history

| Version | Date | Summary |
|---------|---------------|--|
| 1 | July 2007 | First version. |
| 2-5 | Prior to 2024 | Archived- contact OGD Guideline Coordinator for previous versions. Original titled as B.1.1.9: 'Screening for and Treatment of Vitamin D Deficiency in Pregnancy'. In 2016, title changed to 'Vitamin D Deficiency in Pregnancy'. |
| 6 | December 2024 | <ul style="list-style-type: none"> • Update of Guideline to lessen impact on: <ul style="list-style-type: none"> ○ Supply chain ○ Formulary One ○ Medicines information for neonates ○ Medicines information leaflets for women ○ Guidelines for adults ○ Guidelines for postnatal neonates ○ Guidelines for CSCN admitted neonates. ○ Neonatal vitamin D supplementation letter ○ Having a Baby at KEMH Booklet ○ Impractical dosing for mothers and neonates ○ KEMH Public facing website • Antenatal testing of vitamin D no longer recommended. <ul style="list-style-type: none"> ○ Quick Reference Guide in previous guideline version has been superseded by the decision to no longer routinely screen patients for Vitamin D levels and has been removed. • CG title changed from "Vitamin D Deficiency in Pregnancy" to "Vitamin D in Pregnancy" • Guideline now recommends/advises all pregnant women to supplement with 400-1000 IU vitamin D daily • Included information from MBS on high-risk groups that may require screening • Ensure dosage documented on medical record. |

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