Clinical Practice Guideline
For Vitamin D Supplementation

Approved by:

Dawn Haut, MD
Chair, Pediatric Clinical Policy
& Advisory Committee

Date: 6/14/11

Greg Kirby, MD
Chief Medical Officer,
Metro Offices

Date: 6/15/11

John Kunzer, MD
Chief Medical Officer,
Community Health Centers

Date: 6/2/11
Pediatric Infant Vitamin D Supplementation

Purpose:
To provide guidelines for appropriate supplementation of Vitamin D in infants. This recommendation is specifically for children less than 12 months of age.

Rationale:
Inadequate levels of Vitamin D may lead to rickets in young children. Inadequate levels of Vitamin D may occur either through inadequate intake or insufficient production. The AAP recommends exclusive breastfeeding through the first 6 months of life, but human milk may lack sufficient levels of Vitamin D to prevent rickets. Exposure to sufficient sunlight will lead to adequate Vitamin D production in most children. Children less than 6 months should not be exposed to significant amounts of direct sunlight, and older children are encouraged to use protective clothing and sunscreens. For this reason, certain children should receive Vitamin D supplementation. If a breastfeeding child is going to receive Vitamin D supplementation, it should be initiated prior to 2 months of age.

Vitamin D Supplementation Algorithm for Infants and Children Less than 12 months of Age

1. Age ≤ 12 mos?
   - Yes
     - 2. Exclusively breastfed?
       - Yes
         - Stop
       - No
         - 3. Vitamin D supplemented formula intake over 160 IU/day?
           - No
             - Stop
           - Yes
             - 4. Supplement with at least 400 IU Vitamin D daily (see note below)

Vitamin D Supplements (to provide 400 IU Vitamin D daily):
- Tri-Vi-Sol (ADC) Infant Drops, Tri-Vi-Sol with Fe Infant Drops and Tri-Vi-Flor - 1 ml per day (available in the Wishard Pharmacy) – (1 ml of each of these contains 400 IU/day of Vit D as D3)
- Vi-Daylin ADC Infant Drops - 0.6 ml per day (0.6 ml contains 400 IU of Vit D as D3)
- Poly Vi Sol with Iron - 1 ml per day (1 ml contains 400 IU of Vit D as D3)
- D-Vi-Sol - 1 ml per day (*ml contains 400 IU of Vit D as D3)

Advising families that they do not need to give their children dietary or supplemental vitamin D because there is abundant sunshine is inappropriate advice.

This practice guideline is intended to provide the practitioner with a framework to assist in patient care decisions. It does not replace the physician's judgment and may not be appropriate for all cases.
References:


This practice guideline is intended to provide the practitioner with a framework to assist in patient care decisions. It does not replace the physicians judgment and may not be appropriate for all cases.