

Saskatchewan Clinical Practice Recommendation For Appropriate Use of Vitamin D Testing

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General Population:

- There is no clinical benefit to test for serum vitamin D levels in the general population.
- Saskatchewan residents are likely at risk of low vitamin D levels from autumn to spring, however, supplementation should be recommended without a need to screen or monitor vitamin D levels. (Health Canada Dietary Reference Intakes - <http://www.hc-sc.gc.ca/fn-an/nutrition/vitamin/vita-d-eng.php>)

Recommendations:

- Do not routinely measure Vitamin D in the general population who may be at risk from low dietary intake and/or low exposure to sunlight. Vitamin D supplementation is appropriate for this general population without the need to screen or monitor Vitamin D levels.

Guideline for ordering serum 25-Hydroxy Vitamin D:

Clinically Indicated Vitamin D testing:

- Metabolic bone diseases
- Malabsorption syndromes
- Hypo or hypercalcemia
- Prescribed medications that may interfere with Vitamin D metabolism such as anticonvulsants
- Significant renal or liver disease

Health Canada Recommended Daily Intake of Vitamin D for Patients:

Age group	Recommended Dietary Allowance (RDA) per day	Tolerable Upper Intake Level (UL) per day
Infants 0-6 months	400 IU (10 mcg)	1000 IU (25 mcg)
Infants 7-12 months	400 IU (10 mcg)	1500 IU (38 mcg)
Children 1-3 years	600 IU (15 mcg)	2500 IU (63 mcg)
Children 4-8 years	600 IU (15 mcg)	3000 IU (75 mcg)
Children and Adults 9 to 70 years	600 IU (15 mcg)	4000 IU (100 mcg)
Adults > 70 years	800 IU (20 mcg)	4000 IU (100 mcg)
Pregnancy & Lactation	600 IU (15 mcg)	4000 IU (100 mcg)

References:

Choosing Wisely Canada / Family Medicine - October 29, 2014

Clinical Practice Guideline - Toward Optimized Practice www.topalbertadoctors.org August 2014

Vitamin D Testing Protocol- British Columbia Medical Association, June 2013

Health Canada Dietary Reference Intakes for Vitamin D - <http://www.hc-sc.gc.ca/fn-an/nutrition/vitamin/vita-d-eng.php#a15>