



Vitamin D

Patient information

AFFIX PATIENT IDENTIFICATION LABEL HERE

UMRN:

Family name:

Given name:

Medicine name	Strength	Example of brand	Dose directions
Vitamin D (tablets)	1000IU	OsteoD3 	
		Vita-D 	
Vitamin D (liquid)	0.5mL= 200IU	Ostelin 	

Why do I need to take Vitamin D?

Your blood test has showed that you have low vitamin D levels. We need vitamin D for strong and healthy bones. Low vitamin D levels can make bones weak in children and cause their calcium levels to be low.

Some people with low levels of vitamin D will have bone and joint pain and may get osteoporosis (weak bones that are more likely to break with falls) as they get older.

Vitamin D is found in some foods, but people get most of their vitamin D when skin is exposed to sunlight.

How long you need to spend in sunlight to make enough vitamin D depends on the time of year, where you live in Australia and your skin type. You can discuss with your nurse or doctor how much time you should spend in the sun to make enough vitamin D.

When spending time in the sun it is important to wear a hat and sunscreen when the ultraviolet index (UV) is high.

We have recommended that you take vitamin D supplements to increase your vitamin D level to normal levels.

How do I take vitamin D?

Vitamin D is available as tablets or liquid. Your doctor or nurse will explain how much you need to take each day and how long you need to take it for and if you need any follow-up blood tests.

The dose is based on how low your vitamin D levels are. For children it is also based on age. The doses may be different for family members.

It is important that you take the recommended amount every day. Vitamin D is absorbed better when taken with food.

More information is available for this medicine in the form of Consumer Medicines Information (CMI). CMIs are available from hospitals, pharmacies and medical practices and from the Therapeutic Goods Administration website (www.tga.gov.au/consumer-medicines-information-cmi). The CMI contains important information about your medicine and must be read in conjunction with this leaflet.

Are there any side effects?

There are not usually any side effects from taking vitamin D supplements. If you take more vitamin D than recommended you are at risk of high calcium levels, which can make you feel unwell with nausea, dehydration, and constipation.



The information provided is for information purposes only. If you are a patient using this publication, you should seek assistance from a healthcare professional when interpreting these materials and applying them to your individual circumstances.



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Opening hours: 8.15am-4.15pm, Monday to Friday (closed weekends and public holidays)

This document can be made available in alternative formats on request.

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