

EAST BAY PEDIATRIC & ADOLESCENT MEDICINE ASSOC., INC.

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25-OH-Vitamin D Management For patients > 5 years old

20-30

<20

Insufficient

Deficient

Maintain with
800-1000 mg Vit D3
OTC once a day

Start Ergocalciferol
50,000 units ONCE PER
WEEK FOR 8 WEEKS

Maintenance is started
No need to repeat!

Then maintain with
800-1000 mg Vit D3
OTC once a day

Continue maintenance for life

Repeat 25-OH-Vit D
6 months-1 year

COMPLIANCE IS IMPORTANT