

Your recent blood test shows that your Vitamin D level is low .I enclose a prescription for Colecalciferol tablets 20 000 units. If you take two a day of these for 10 days this will replenish the Vitamin D stores in the body. However, to prevent Vitamin D deficiency in the future, you need to continue with regular weekly Colecalciferol. You need to take one Colecalciferol tablet per week after completing the 10 day course. This should be continued in the long term.

Other members of your family may also be low in Vitamin D. Encourage them to be tested and treated if necessary. This especially applies to the children of vitamin D deficient women.

The tablets are sometimes difficult to obtain from the pharmacy, as there have been difficulties in the manufacture of this drug. If your pharmacy has any difficulty they should contact the Medicines Management team at the Primary Care Trust directly for advice about obtaining this medication.

It is available via the following supplier

Colecalciferol (Dekristol®) 20,000 units x 50 capsules

**Idis Pharmaceuticals Ltd**

**Telephone number 01932 824100**

However, I understand that they are currently available at The Co-op Pharmacy at Upper Chorlton Road.

Yours sincerely