





ADULT Medication Monograph

# COLECALCIFEROL (CHOLECALCIFEROL)

This document should be read in conjunction with this [DISCLAIMER](#)

<b>Presentation</b>	<p><b>Capsule:</b> 25 microgram (1000 units) <b>Oral liquid:</b> 1000units / 0.2mL</p>
<b>Dose</b>	<p><b><u>Dose equivalence</u></b> 1 microgram is equivalent to 40 international units</p> <p style="text-align: center;"><b><u>During pregnancy</u></b></p> <p><b><u>Serum level &lt; 30 nmol/L:</u></b> <b>Oral:</b> 2000 international units (50 microgram) daily (plus calcium). After 6 weeks of treatment, a maintenance dose of 1000 units daily is recommended at least until the cessation of lactation. Repeat Vitamin D blood test is not required.</p> <p><b><u>Serum level between 30 - 49 nmol/L:</u></b> <b>Oral:</b> 1000 international units (25 microgram) daily (plus calcium)</p> <p><b><u>Serum level ≥ 50 nmol/L:</u></b> <b>Oral</b> 400 international units daily as part of a pregnancy multivitamin</p>
<b>Administration</b>	<p><b><u>Oral liquid</u></b> May be taken in a glass of water or juice</p>
<b>Pregnancy</b>	<p><b>1<sup>st</sup> Trimester:</b> Safe to use <b>2<sup>nd</sup> Trimester:</b> Safe to use <b>3<sup>rd</sup> Trimester:</b> Safe to use</p>
<b>Breastfeeding</b>	Safe to use
<b>Monitoring</b>	See relevant KEMH clinical guidelines below

<p><b>Clinical Guidelines and Policies</b></p>	<p>KEMH Clinical Guideline: O&amp;G: <a href="#">Vitamin D deficiency in pregnancy</a></p> <p>KEMH Clinical Guideline: O&amp;G: <a href="#">Menopause &amp; menopausal symptoms</a></p> <p>NHMRC: <a href="#">Nutrient reference values for Australia and New Zealand</a></p>
<p><b>References</b></p>	<p>Australian Medicines Handbook. Colecalciferol. In: Australian Medicines Handbook [Internet]. Adelaide (South Australia): Australian Medicines Handbook; 2018 [cited 2018 Aug 20]. Available from: <a href="https://amhonline.amh.net.au/">https://amhonline.amh.net.au/</a></p> <p>The Royal Women's Hospital. Vitamin D. In: Pregnancy and Breastfeeding Medicines Guide [Internet]. Parkville (Victoria): The Royal Women's Hospital; 2018 [cited 2018 Aug 20]. Available from: <a href="https://thewomenspbmg.org.au/">https://thewomenspbmg.org.au/</a></p> <p>The Royal Australian and New Zealand College of Obstetricians and Gynaecologists. Vitamin and Mineral Supplementation and Pregnancy; 2015 [cited 2018 Aug 20]. Available from: <a href="https://www.ranzcog.edu.au/">https://www.ranzcog.edu.au/</a></p>

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