

Crown Street Surgery

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www.crownstreetsurgery.nhs.uk

Dear Patient,

Important information about your vitamin D prescription

You have been prescribed vitamin D for a long-term period. We would like to update you on a recent change regarding how vitamin D supplements are provided.

Vitamin D is a vitamin like any other, and for most people, maintenance doses are now recommended to be purchased over the counter rather than prescribed on the NHS. This change follows updated NHS guidance aimed at ensuring NHS resources are used effectively for those who need them most.

What does this mean for you?

If you have been taking vitamin D as a maintenance supplement and do not have a specific medical condition requiring prescription treatment, your vitamin D prescription will now be stopped.

You can easily buy vitamin D supplements at pharmacies and supermarkets. The usual recommended dose is 10 micrograms (400 IU) daily, which is the same as your previous prescription.

Who can still receive a prescription?

You will continue to be prescribed vitamin D if you have:

- A diagnosed deficiency linked to a medical condition such as osteoporosis or malabsorption
- Malnutrition or related health issues
- Residency in a care home or a funded care package
- A carer who administers your medication
- Certain vulnerable conditions such as dementia, learning disability, or homelessness

If you believe you fall into one of these categories or have concerns about stopping your prescription, please contact the surgery to discuss your individual needs.

What should you do now?

- Purchase your vitamin D supplements over the counter from your local pharmacy or supermarket.
- Continue to maintain a healthy lifestyle with good sun exposure and a balanced diet including vitamin D-rich foods.
- Contact us if you have any questions or concerns about your vitamin D or general health.

Thank you for your understanding as we make these changes to support better healthcare for everyone.

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