

Colecalciferol (vitamin D₃)

(Col- ee- cal- sif -erol)

What is colecalciferol (vitamin D₃) used for?

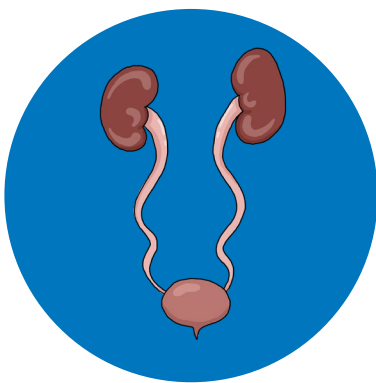
Colecalciferol (vitamin D₃) is a supplement that is used to boost Vitamin D levels when your body is not getting enough from the foods you eat. Colecalciferol (vitamin D₃) helps your body take in minerals, like calcium and phosphorus, from the foods you eat and helps your kidneys keep calcium in the body instead of peeing it out.

Low vitamin D levels can cause weak bones, muscle weakness and can weaken the immune system. In babies and young children, low vitamin D levels may result in slow growth, bone weakness, and weak teeth.

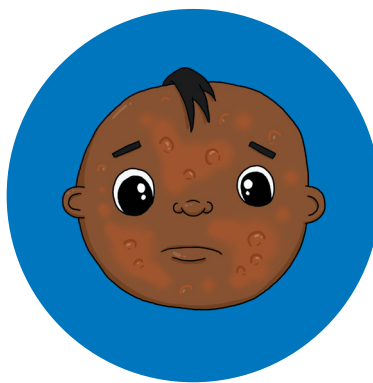
How to use this medication?

- Colecalciferol (vitamin D₃) can be used to treat or prevent low vitamin D levels.
- Your doctor will let you know how much to take each day.
- Colecalciferol (vitamin D₃) is available without a prescription, but your doctor might prescribe it to treat certain conditions.
- Give the medicine as directed, not more or less.
- You can add the liquid to your child's food or drink.

Let your doctor know if:



You have problems
with your kidneys



You have had an
allergic reaction to a
medicine



You are taking other
medicines including
herbal medicines

Sources of vitamin D:

- We get most of our vitamin D from sunlight.
- Spending time in the sun is the best way to keep healthy levels of vitamin D in your body.
- Vitamin D can also be found in the following foods:
 - oily fishes: herring, salmon, tuna and mackerel
 - egg yolks
 - beef liver
 - cheese
 - mushrooms
 - some foods have added vitamin D such as margarine, milk powder and cereal.

Side effects:

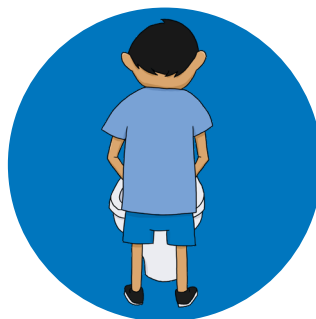
Side effects are **uncommon**, tell your doctor if you experience any of the following:



Nausea and vomiting



Headache and weakness



Frequent urination



Become thirsty

Important to remember:

Keep all medicines out of reach and out of sight of children. Keep medicines in a cool, dry place

If **swallowed** call Poisons Centre on 13 11 26 or go to the **Emergency Department**. Show them the container of what you're taking.



To dispose of **out-of-date** or **unwanted** medicines take them to a pharmacy.



Government of **Western Australia**
Child and Adolescent Health Service



Child and Adolescent Health Service
15 Hospital Avenue, Nedlands, WA, 6009.
Telephone: (08) 6456 2222
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