

ASCLS Mission:

The mission of ASCLS is to make a positive impact in health care through leadership that will assure excellence in the practice of laboratory medicine.



Laboratory Patient Safety Tips:

Vitamin D Information For Patients

**Your Safety and Service Experience
Are Important To Us!**





My doctor says I need to have my Vitamin D level tested. What is Vitamin D?

Vitamin D is an essential vitamin for growth and health of bone and teeth. It helps your body absorb calcium. Your body obtains Vitamin D from two sources: your diet and exposure to sunlight.

How do I prepare to be tested for Vitamin D?

A blood draw is all that is required. You do not need to fast or prepare in any other way.

What is considered a normal Vitamin D level?

There is some debate over this, but general health guidelines include that the minimum should be 20-30 ng/mL. The high end of normal is about 40-50 ng/mL. Summer levels may be higher than winter levels.

If my Vitamin D level is below normal, what will my doctor do?

It's best to have this conversation with your doctor, because every patient is different, but he or she may prescribe Vitamin D supplementation. Follow-up Vitamin D testing may not be indicated as this supplementation is considered safe without monitoring.

If my doctor does not order a Vitamin D test, should I ask to have it done?

Routine screening for Vitamin D is not recommended for the general population who are not at risk of deficiency due to another primary

I've heard there are two "types" of Vitamin D. What is the difference between the two?

One provides a better indication of how much Vitamin D is available for your body to use because it is more stable. This type is called "25-hydroxy Vitamin D".

The other type is called "1,25-dihydroxy Vitamin D", and is not a good indicator of Vitamin D status, but may be ordered if your doctor suspects you have severe kidney disease or low amounts of an enzyme that changes the 25-hydroxy Vitamin D to 1,25-dihydroxy Vitamin D.

Testing for both types of Vitamin D at the same time is not required or appropriate.

If I want more information, what is a reputable resource?

<https://labtestsonline.org>

