

Date:

Dear Patient

Name:.....  
.....

Dob:

As you are currently pregnant you require a higher dose Vitamin D and Calcium supplementation because of the following risk factors:

- Pigmented skin (including Asian, African and Afro-Caribbean descent)
- BMI  $\geq$  30
- Decreased exposure of skin to sunlight

We suggest you purchase one of the following from your local pharmacy and continue to take it until the end of your pregnancy. If you have any issues with this, please see your GP for a prescription:

- Adcal D3 - 2 tablets, once a day (800 units)
- Calcichew D3 forte - 2 tablets, once a day (800 units)
- Calcios – 2 tablets, once a day (800 units)
- **or** an equivalent preparation

This additional supplement should be taken **as well** as a general pregnancy multivitamin supplement which contains 400 units or 10mcg vitamin D.

Yours faithfully,

Dear Dr .....

Name \_\_\_\_\_ DOB: \_\_\_\_\_ NHS No: \_\_\_\_\_

The patient detailed above has recently been risk assessed in pregnancy and requires the following prescribing.

**High dose Vitamin D and Calcium supplementation** **Yes/No**

Suggested preparations are:

- Adcal D3 - 2 tablets a day
- Calcichew D3 forte - 2 tablets a day
- **or** an equivalent preparation used within you CCG.

**Iron Supplementation for Anaemia** **Yes/No**

Suggested preparations are:

- Ferrous fumerate – 210mg OD (FYI [65-70mg](#) elemental iron)
- Ferrous sulphate – 200mg (FYI [65mg](#) elemental iron)
- Sytron (Ferrous feredetate) - (FYI [55mg](#) elemental iron)

**Iron Supplementation for Ferritin** **Yes/No**

Suggested preparations are:

- Ferrous fumerate – 210mg OD (FYI [65-70mg](#) elemental iron)
- Ferrous sulphate – 200mg (FYI [65mg](#) elemental iron)
- Sytron (Ferrous feredetate) - (FYI [55mg](#) elemental iron)

**Aspirin 150mg once daily for the duration of the pregnancy** **Yes/No**

**Below Knee Anti-Embolic Stockings (BKAS)** **Yes/No**

Ankle size .....cms

Yours Faithfully