



## Vitamin D (Ergocalciferol, Calciferol) for Your Baby

### Why is it needed?

Vitamin D is a supplement to the food your baby is eating. It can be given for a number of reasons:

- It treats and prevents low levels of Vitamin D.
- It is sometimes given to children with malabsorption problems such as cholestasis (liver disease).
- It also can prevent problems caused by not enough calcium in the body.

You will need to keep regular doctor appointments to check how well the medicine is working. The doctor will need to change the dose as your baby grows.

### How to give Vitamin D

- Give the dose that is directed on the medication label. We will give you oral syringes and help you practice measuring Vitamin D.
- Place the dose in a bottle with a small amount of your baby's formula or breast milk. A small amount of formula or breast milk ensures your baby will have taken the whole dose even if he or she cannot finish the complete feeding.
- Clean the syringe with hot, soapy water and rinse thoroughly after measuring.

### What if a dose is missed?

It is important that Vitamin D be given once a day. You may want to give the daily dose in the morning so it is easier to remember. If you miss a dose, give it as soon as you remember. But if it is close to the next dose, skip the missed dose completely. **Do not** give a double dose to make up for the missed dose.

### What are the side effects?

Vitamin D can sometimes cause:

- Upset stomach (be sure to mix each dose with formula or breast milk)
- Diarrhea, constipation or vomiting

### Call the doctor if your baby:

- Has trouble breathing
- Has unusual redness or rash on the skin
- Has cloudy urine
- Is very drowsy

### Storing this medicine

Store at room temperature in the original container. Keep away from heat or direct light. Do not freeze the liquid.

### Remember:

- Keep out of the reach of children.
- **Do not** give medicine to others.
- **Do not** use after the expiration date on the bottle.