

Neonatology

Vitamin D for mums and families

Information for parents

The Government recommends taking around 10ug (400 units) of vitamin D every day. It is important for you and your family to take a vitamin D supplement containing this amount. Vitamin D regulates the amount of calcium and phosphate in the body, which are needed to keep bones, teeth and muscles healthy.

Who needs to take vitamin D supplements?

- Babies 0-1 year who are breast fed
- Babies 0-1 year who are fed both breast and formula milk
- Children > 1 year and all adults

Babies aged between 0-1 year who are only fed on formula milk **do not** need to take a vitamin D supplement.

Where can I buy vitamin D supplements?

You can buy vitamin D supplements from a pharmacist or supermarket for any member of your family who can take tablets. Drops are better for babies and young children.

You may be able to get free vitamin supplements if you're eligible for Healthy Start. Visit www.healthystart.nhs.uk for more information.

Breastfeeding mums

Breastfeeding mums should take a vitamin D supplement and any others which are prescribed. Taking a vitamin D supplement will not affect the amount of vitamin D in your breast milk but it does ensure that your bones and teeth are protected, and those of any babies you have in the future.

You do not need to take any other vitamins and we do not recommend taking large doses of over the counter medications. You can get all of the other vitamins and minerals you need by eating a varied and balanced diet.

How do I make a comment about my visit?

We aim to provide the best possible service and staff will be happy to answer any of the questions you may have. If you have any **suggestions** or **comments** about your visit, please either speak to a member of staff or contact the patient advice and liaison service (**PALS**) on **020 3313 0088** (Charing Cross, Hammersmith and Queen Charlotte's & Chelsea hospitals), or **020 3312 7777** (St Mary's and Western Eye hospitals). You can also email PALS at **imperial.pals@nhs.net** The PALS team will listen to your concerns, suggestions or queries and is often able to help solve problems on your behalf.

Alternatively, you may wish to complain by contacting our complaints department:

Complaints department
Fourth floor
Salton House
St Mary's Hospital
Praed Street
London W2 1NY
Email: **ICHC-tr.Complaints@nhs.net**
Telephone: **020 3312 1337 / 1349**

Alternative formats

This leaflet can be provided on request in large print or easy read, as a sound recording, in Braille or in alternative languages. Please email the communications team:
imperial.patient.information@nhs.net

Wi-fi

We have a free wi-fi service for basic filtered browsing and a premium wi-fi service (requiring payment) at each of our five hospitals. Look for WiFi SPARK_FREE or WiFi SPARK_PREMIUM