



AFFIX PATIENT IDENTIFICATION LABEL HERE

UMRN:

Family Name:

Given Name:

Vitamin D

Medicine name	Strength	Example of brand	Dose directions
Vitamin D (tablets)	1000IU	OsteoD3	
		Vita- D	
Vitamin D (liquid)	0.5 mL = 200IU	Ostelin	



English

Vitamin D

Why do I need to take Vitamin D?

Your blood test has showed that you have low vitamin D levels. We need Vitamin D for strong and healthy bones. Low vitamin D levels can make bones weak in children and cause their calcium levels to be low.

Some people with low levels of vitamin D will have bone and joint pain and may get osteoporosis (weak bones that are more likely to break with falls) as they get older.

Vitamin D is found in some foods, but people get most of their vitamin D when skin is exposed to sunlight. How long you need to spend in sunlight to make enough vitamin D depends on the time of year, where you live in Australia and your skin type. You can discuss with your nurse or doctor how much time you should spend in the sun to make enough vitamin D.

When spending time in the sun it is important to wear a hat and sunscreen when the ultraviolet index (UV) is high.

We have recommended that you take vitamin D supplements to increase your vitamin D level to normal levels.

How do I take Vitamin D?

Vitamin D is available as tablets or liquid. Your doctor or nurse will explain how much you need to take each day and how long you need to take it for and if you need any follow up blood tests.

The dose recommended is based on how low vitamin D levels and by weight for children so the doses may be different for family members.

It is important that you take the recommended amount every day.

Swahili

Vitamini D

Kwa nini ninahitaji kutumia Vitamini D?

Kipimo cha damu yako kimeonyesha kuwa una viwango vya chini vya Vitamini D. Tunahitaji Vitamini D ili kuwa na mifupa yenye nguvu na yenye afya. Viwango vya chini vya vitamini D vinaweza kufanya mifupa kuwa dhaifu kwa watoto na kusababisha viwango vyao vya kalisi kuwa chini.

Baadhi ya watu walio na viwango vya chini vya vitamini D watakuwa na maumivu ya mifupa na viungo na wanaweza kupata osteoporosis (mifupa dhaifu ambayo ina uwezekano mkubwa wa kuvunjika kwa kuanguka) wanapoendelea kuzeeka.

Vitamini D hupatikana katika baadhi ya vyakula, lakini watu hupata vitamini D nyingi wakati ngozi inapopigwa na mwangaza wa jua. Muda ambao unahitaji kukaa kwenye mwanga wa jua ili kutengeneza vitamini D ya kutosha inategemea wakati wa mwaka, unapoishi nchini Australia na aina ya ngozi yako. Unaweza kujadiliana na muuguzi au daktari wako kuhusu muda ambapo unapaswa kutumia kwenye jua ili kutengeneza vitamini D ya kutosha. Unapokaa kwenye jua, ni muhimu kuvaa kofia na mafuta ya kuzuia jua wakati kiwango cha urujuani (UV) kiko juu.

Tumependekeza kwamba utumie virutubisho vya vitamini D ili kuongeza kiwango chako cha vitamini D hadi kuwa viwango vya kawaida.

Ninawezaje kutumia Vitamini D?

Vitamini D inapatikana kama vidonge au kioevu. Daktari au muuguzi wako ataeleza kiasi ambacho unahitaji kutumia kila siku na muda ambao unahitaji kuichukua na kama unahitaji vipimo vyovyote vya damu vya ufuatiliaji.

Kiwango kinachopendekezwa kinatokana na kiwango cha chini cha vitamini D na kulingana na uzito kwa watoto ili vipimo viwe tofauti kwa wanafamilia.

Ni muhimu kwamba utumie kiasi kilichopendekezwa kila siku.

Are there any side effects?

There are not usually any side effects from taking vitamin D supplements. If you take more Vitamin D than has been recommended you have a risk of getting high calcium levels which can make you feel unwell with nausea, dehydration, and constipation.

More information is available for this medicine in the form of Consumer Medicines Information (CMI). CMIs are available from hospitals, pharmacies and medical practices and from the Therapeutic Goods Administration website (www.tga.gov.au/consumer-medicines-information-cmi). The CMI contains important information about your medicine and must be read in conjunction with this leaflet

Je, kuna athari zozote?

Kawaida hakuna athari zozote zinazotokana na kutumia virutubisho vya vitamini D. Ikiwa unatumia Vitamini D zaidi ya ilivyopendekezwa, una hatari ya kupata viwango vya juu vya kalisi ambavyo vinaweza kukufanya uhisi vibaya kwa kichefuchefu, upungufu wa maji mwilini, na kufunga choo.

Maelezo zaidi yanapatikana kuhusu dawa hii katika mfumo wa Taarifa za Dawa za Mtumiaji (CMI). CMI zinapatikana kutoka kwa hospitali, maduka ya dawa na wataalamu wa matibabu na kutoka kwenye tovuti ya Usimamizi wa Bidhaa za Matibabu (www.tga.gov.au/consumer-medicines-information-cmi). CMI ina taarifa muhimu kuhusu dawa yako na lazima isomwe pamoja na kijikaratasi hiki.

The Humanitarian Entrant Health Service (HEHS)

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Opening hours: 8:15-4:15

Monday to Friday

(closed weekends and public holidays)

Huduma ya Afya ya Washiriki Binadamu (HEHS)

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Saa za ufunguzi: saa2.15 asubuhi hadi saa10.15 jioni (8:15am -4:15pm)

Jumatatu hadi Ijumaa

(inafungwa wikendi na sikukuu za umma)

We are proud to be a smoke-free site.



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Tunajivunia kuwa na eneo isiyoruhusu uvutaji sigara.



Asante kwa kutovuta sigara au kuvuta mvuke katika majengo yoyote au kwenye uwanja wetu

This document can be made available in alternative formats on request.

Hati hii inaweza kupatikana katika miundo mbadala ikiwa imeombwa.

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