Te Whatu Ora
Health New Zealand
Waitaha Canterbury

COLECALCIFEROL

koh-lee-kal-sif-er-ol

What does it do?

Colecalciferol is a type of vitamin D. It increases the amount of vitamin D in your body.

Before you start

- Tell your doctor if you have kidney problems.
- Tell your doctor if you are pregnant, planning to become pregnant, or breastfeeding.

How should you take it?

Take *colecalciferol* regularly as directed. You can take it with or without food.
Capsule: Take with a glass of water.
Liquid: Do not shake the bottle. Measure carefully using the dropper provided.

What if you forget a dose?

If it is nearly time for your next dose, skip the missed dose and take your next dose at the usual time. Otherwise, take the missed dose as soon as you remember. Do not take two doses at the same time.

Can you take other medicines?

Some medicines available without a prescription may react with *colecalciferol* including:

- products that also contain vitamin D (e.g. Centrum®)

Tell your pharmacist or doctor about all medicines or treatments that you may be taking, including vitamins, herbal products or recreational drugs.

What side effects might you notice?

Colecalciferol is unlikely to cause any side effects. If you notice any symptoms you are concerned about, discuss them with your doctor or pharmacist.

Other information:

- You need enough calcium in your diet to make sure *colecalciferol* works properly for you. Discuss with your health professional.