

Guiding Principles: Low dose vitamin D may help with the symptoms of fatigue, weakness and muscle loss.

Note: There is no evidence to support monitoring serum Parathyroid hormone (PTH) levels and therefore will not be routinely monitored unless otherwise indicated. **Interventional guidelines do not replace individualized care and clinical expertise.**

▶ **Vitamin D3**

Some patients may be appropriate for vitamin D3 supplementation; however, there is **lack of consensus** to support routine vitamin D3 supplementation in patients with CKD.

▶ **Calcitriol (active form of vitamin D, e.g. Rocaltrol)**

Patients with CKD have reduced 1,25-dihydroxyvitamin D (1,25(OH)₂D) activity and can receive an active vitamin D replacement (vitamin D analogue). Based on their own clinical assessment, individual practitioners may recommend defined doses to address the potential role of active vitamin D delivery in fatigue, weakness, and muscle loss.

A suggested starting dose would be: calcitriol (Rocaltrol) 0.25 mcg PO 3 times a week.

- [See: Calcium/Phosphorus Guideline](#)
- [See: Fatigue/Sleep Guideline](#)

Considerations at the End of Life: As a patient's condition deteriorates, the Vitamin D Statement is not considered to be relevant to their conservative kidney management.

Conservative Kidney Management Acronym Legend

Acronym:	Intended Meaning:
ATC	Around the Clock
BID	Twice Daily
CKD	Chronic Kidney Disease
CKM	Conservative Kidney Management
COPD	Chronic Obstructive Pulmonary Disease
CO ₂	Carbon Dioxide
EOL	End of Life
ESA	Erythropoietin Stimulating Agent
ESKD	End Stage Kidney Disease
GFR	Glomerular Filtration Rate
GI	Gastrointestinal
g/L	Grams per litre
HgB	Hemoglobin
IN	Intranasal
IU	International Units
IV	Intravenous
kg	Kilogram
mcg	Microgram
mg	Milligram
mL	Millilitre

Acronym:	Intended Meaning:
mmol/L	Millimoles per Litre
OTC	Over the Counter
PO	By Mouth
PRN	As Needed
NSAID	Non-steroidal Anti-inflammatory Drugs
q(1-8)d	Every (Time Eg, 2) Days
q(1-8)h	Every (Time Eg, 4) Hours
q(1-8)weeks	Every (Time Eg. 2) Weeks
QHS	At Bedtime
RLS	Restless Leg Syndrome
SC	Subcutaneous
SL	Sublingual
SNRI	Serotonin and Norepinephrine Reuptake Inhibitors
SSRI	Selective Serotonin Reuptake Inhibitors
TCA	Tricyclic Antidepressant
TID	Three Times a Day
>	Greater Than
≥	Greater Than or Equal To
<	Less Than
≤	Less Than or Equal To