

How To Care for Your Child after Vitamins Overdose

This leaflet will provide you with information about vitamins overdose, its symptoms, treatments, and home care advice.



What is a vitamin overdose?

- Vitamins are found naturally in many foods and are available as dietary supplements in various forms, such as liquids, pills, gummies, and injections.
- These supplements often contain combinations of vitamins like A, B, C, D, E, and folate, and sometimes minerals such as iron and fluoride.
- While they support growth and overall health, overdosing can occur due to accidental ingestion or incorrect dosing, resulting in high levels of certain vitamins in the body and potentially harmful effects.

What are the symptoms of vitamin overdose?

- In general, a single overdose is unlikely to cause serious effects unless large quantity is consumed.
- Symptoms of vitamin overdose depends on the child's condition and the type of vitamins involved:

Fat-soluble vitamins (A, D, and E):

- Vitamin D overdose can increase calcium levels in the blood and harm the kidneys.
- Vitamin E overdose can cause bleeding, especially in severe cases or if your child has a vitamin K deficiency or is taking anti-clotting medicines like warfarin.

Water-soluble vitamins (B and C):

- An overdose may lead to symptoms like nausea, vomiting, and diarrhea.
- High doses of vitamin C can cause change in urine color (orange) and in some cases kidney problems.

What should I do if my child has a vitamin overdose?

- Call the Qatar Poison Center (QPC) at 4003-1111 for a full assessment.
- Keep the vitamin container or take a clear picture of the label to share with the QPC.
- Be prepared to provide information about the type and amount of vitamins taken, the time of ingestion, and any symptoms your child may have.
- After the assessment, QPC will inform you whether the overdose is possibly toxic (harmful/severe) or sub-toxic (mild) and will give you specific instructions.
- QPC will advise if your child can be safely monitored at home or needs to be taken to the emergency department.

How is a vitamin overdose treated?**Treatment depends on the severity of the overdose:****Sub-toxic overdose (mild):**

- In cases of minor overdose, your child may show no symptoms or only mild symptoms. These cases can typically be managed at home.
- In some instances, QPC may recommend giving your child water to dilute the vitamins.

Potentially toxic overdose (harmful/severe):

- This usually occurs with vitamin supplements containing fat-soluble vitamins or iron, or if a large amount has been ingested, leading to serious effects.
- If advised by the QPC to visit the emergency department, doctors may perform blood tests and provide treatment. They may also recommend temporarily stopping vitamin supplements.

How can I care for my child at home?

- Watch for symptoms such as nausea, vomiting, abdominal pain, or changes in urine color.
- Call QPC if your child's symptoms worsen or if you have concerns.

Home safety tips to prevent vitamin overdose:

- Always read and follow the dosing instructions on the supplement labels carefully and follow the advice of your doctor and pharmacist.
- Review dosing if the supplement brand or concentration changes.
- Keep a record of doses and times to help avoid dosing errors, especially if multiple caregivers are involved.
- Store medications and all dietary supplements out of children's reach, locked in a high cabinet.

When should I go to the Emergency Department?

If your child has ingested a potentially toxic (harmful/severe) dose and his/her symptoms worsen or are not getting any better:

1. Consult first with QPC.
2. Go immediately to the Emergency Department.

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