

Caring for Your Child After a Vitamin D Overdose

This leaflet will provide you with important information about vitamin D overdose symptoms, diagnosis, treatments, and homecare tips.



What is a vitamin D overdose?

Vitamin D overdose happens when a child accidentally takes too many vitamin D pills, gummies, or drops, or if he/she is given a very high dose. Vitamin D is found in different types and strengths, and some multivitamins also contain it.

What are the symptoms of vitamin D overdose?

Mild cases:

Most vitamin D overdose cases may cause mild stomach symptoms such as:

- Nausea
- Vomiting
- Belly pain
- Diarrhea

Severe cases (rare):

Severe cases may result in:

- High calcium levels that may lead to heart issues
- Tiredness
- Frequent urination
- Loss of appetite

How is a vitamin D overdose diagnosed?

- If you suspect that your child might have a vitamin D overdose, call the Qatar Poison Center (QPC) immediately at 4003-1111 or go to the nearest emergency department (ED). Bring the vitamin D container with you if possible.
- The doctor will ask some questions about the number of tablets that your child ingested, the concentration of vitamin D and the volume of the bottle, and other questions that may assist in determining the ingested amount.
- In certain cases, the doctor may request some blood tests.

How is vitamin D overdose treated?

Mild cases:

- The doctor will discharge your child after ensuring that he/she has no other symptoms.
- However, you should continue to monitor your child at home and watch for any new stomach symptoms.

Severe (toxic) cases:

- The emergency room doctor may give your child medicines for nausea or IV fluids for high calcium.
- The doctor may request blood tests to check if calcium levels are still high.

How can I care for my child at home?

- Watch for any stomach symptoms like pain, vomiting or diarrhea.
- Encourage your child to drink enough water to stay hydrated.
- Stop giving your child any vitamin D until advised by the Qatar Poison Center, as extra vitamin D can stay in the body.

Home safety tips to prevent vitamin D overdose:

- Store all vitamins and medicines out of your child's reach, preferably in a locked cabinet.
- Be aware that vitamin D comes in many forms and strengths, especially liquids.
- Avoid giving vitamin D from multiple sources, like different multivitamins.

When should I go to the Emergency Department?

- If your child has taken a large amount of vitamin D, consult with Qatar Poison Center first then go to the emergency department if they advised you to.
- If your child has severe stomach symptoms like frequent vomiting or diarrhea, or if he/she shows signs of high calcium like unusual tiredness or frequent urination, go to the emergency department immediately.

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