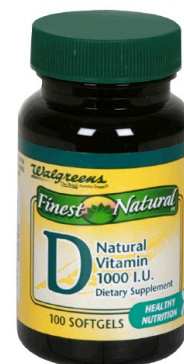


# Vitamin D Testing

## What is it?

Vitamin D is a vitamin that is made by the action of the sunlight on the skin. Vitamin D is involved in calcium absorption and bone health.



## Why has my doctor ordered this test?

Some people, specifically with dark skin, will have some difficulty in making enough of the vitamin. Low Vitamin D is associated with the early development of diabetes and heart disease. If your level is found to be low, your doctor may prescribe a daily supplement which can be purchased over the counter.

## Special Instructions:

1. This test does not have to be scheduled.
2. You should take the doctor's orders for testing to the Admitting office at Children's and Women's Hospital to register for blood tests.
3. The results of your tests will be reviewed with you at your follow up visit.
4. If an appointment needs to be rescheduled due to results, we will contact you.
5. We may not discuss these results over the phone due to privacy concerns.

The Pediatric Healthy Life Center has prepared this sheet for your information only.

For more Information, please contact the Pediatric Healthy Life Center at 251-434-5038