



Vitamin D Injection Instructions

Vitamin D is essential for hormone and immune support, bone strength, muscle function, and overall energy and mood. Some people can benefit from vitamin D injections due to very low levels and/or poor absorption of oral supplements. Injections can help correct deficiencies more quickly and reliably.

Vitamin D injections (also called cholecalciferol) can be administered subcutaneously - into the fatty tissue just beneath the skin - or intramuscularly - into a muscle. It is typically a little easier and more comfortable to give yourself injections subcutaneously, but either route is fine. We will send you handouts with instructions for both injection types.

We do offer in-home injection training and assistance with your first injection with a registered nurse for a \$50 fee. Please let us know if you are interested in this.

Vitamin D injections are around \$150 for enough medication for 10 standard injections. This price includes shipping but is subject to change.

Vitamin D injections are slightly thick, so it can be a little slow to draw up and to inject the medication. You will need to use needles that are not too small.

For subcutaneous injections, you will need to use a needle size of 27 gauge or larger.

As the gauge number gets smaller, the needle size gets larger.

- Link for subcutaneous injection syringes: [Subcutaneous Syringes](#)

- Subcutaneous injection instructions - [Subcutaneous Injection Instructions](#)

For intramuscular injections, you will need to use a needle size of 25 gauge or larger.

- Link for intramuscular injection syringes: [IM Syringes](#)

- Intramuscular injection instructions - [IM Injection Instructions](#)

Based on your initial lab level, we may do vitamin D injections every 1, 2, or 4 weeks. We will confirm specific dosing with you. We will recheck your vitamin D level 10-12 weeks after starting injections.

The most common side effect of vitamin D injections is an injection site reaction such as redness, bruising, lump under the skin, or rash. This is typically mild and should resolve relatively quickly. If you have a significant local reaction or any other potentially significant side effect, please reach out right away.

Vials should be stored upright at room temperature in the original light-resistant container, protected from moisture and heat sources, and gently rolled between the palms to redissolve any oil stratification before withdrawal without vigorous shaking that can introduce air bubbles.