

Guidelines for Calcium and Vitamin D Supplementation in Myeloma

- **Measure baseline 25-hydroxy Vit D3 levels in all patients with myeloma**
- **Vit D deficiency is very common in elderly**
- **Patients on routine bisphosphonates need to maintain adequate Vit D and Ca intake**

Recommendation for patients with Vit D deficiency and/or for patients on bisphosphonates

- **Vit D**
 - **Vit D3 (cholecalciferol) 50,000 IU once a month or 1000 IU once a day until sufficient**
 - Or**
 - **Vit D2 (ergocalciferol) 100,000 IU once a month until sufficient**
- **Calcium carbonate: 2 tabs per day**

Recommendation for all other patients and deficient patients once replete

- **Calcium carbonate plus Vit D preparation:
2 tabs per day**
- **Daily intake goals:**
 - **1500 mg calcium**
 - **800-1200 IU cholecalciferol**