

Vitamin D in Pregnancy

Why is vitamin D important in your pregnancy?

Vitamin D is crucial for your body to function. Your body converts vitamin D to an active component which helps your body function and keeps your bones strong and healthy. Vitamin D helps you absorb other minerals such as calcium. It also keeps your immune system functioning. A babies vitamin D level will be the same as its mother at the time of birth. So, if you are deficient so will your baby. If you are vitamin D deficient while pregnant, you and your baby are likely to have reduced strength in your bones, teeth, and possible muscle weakness. If it is extremely low it may cause you or your baby to have seizures.

Who is at risk of Vitamin D deficiency?

Anyone can become vitamin D deficient through a poor diet and no sun exposure. We are so good at slip, slop, slapping, this reduces the vitamin D exposure. People who have darker toned skin are also at an increased risk of vitamin D deficiency. Some religious groups are at risk of vitamin D deficiency. Such as those who wear a hijab or burka. This is because sunlight is our greatest source of vitamin D, and these women don't get exposed to the sunlight. While your religion will be respected by your healthcare worker, they will give you alternative options to increase your vitamin D level.



What is the treatment for Vitamin D deficiency?

The treatment for Vitamin D deficiency is sun exposure, but be aware of too much sun exposure. The sun provides 90% of the vitamin we need. There is a table below to guide you. Your healthcare provider may advise you to take supplements as well.

Will my baby need Vitamin D supplements after birth?

There is very little vitamin D in breast milk, so your care provider will advise you on giving your baby supplements. You should get your levels checked every three months.



- Vitamin D deficiency can affect you and your baby.
- Keep taking your vitamin D until your health care provider tells you to stop.
- Although it is recommended that sun exposure helps with your vitamin D, be sun smart.
- If you have had skin cancer discuss sun exposure with your doctor.

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For further information:
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