Method All IBD patients with serum vitamin D levels measured in 2011 were identified. Vitamin D deficiency was determined as plasma 25-hydroxyvitamin D levels <52 nmol/L. Oral vitamin D treatment was classified as 'low dose' when patients prescribed daily 800 units of vitamin D2/D3 and 'high dose' when given either 100'000 units once or 50'000 units weekly for 6 weeks. Treatment response was assessed within 6 months of treatment.

Results 205 IBD patients had their plasma vitamin D measured. 95 (46%) were found to be vitamin D deficient with no significant difference in the prevalence between Crohn's disease (CD) and ulcerative colitis (UC) patients (p=0.449). 32 treatment episodes had follow up measurement. Those who received 'high dose' regimen demonstrated a 150% increase in plasma vitamin D compared to a 34% increase in those put on 'low dose' regimen (p=0.001). There was no significant difference in treatment response between CD and UC patients (p=0.874) (table 1).

Conclusion Oral vitamin D replacement is an effective treatment for vitamin D deficiency in IBD patients and appears to be dose responsive, in both UC and CD patients. The optimal dose of oral vitamin D supplementation is yet to be determined, but higher doses are significantly more effective.

4 EFFICACY OF HIGH AND LOW DOSE ORAL VITAMIN D REPLACEMENT THERAPY IN INFLAMMATORY BOWEL DISEASE (IBD): SINGLE CENTRE COHORT

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10.1136/gutjnl-2013-305143.4

Introduction IBD patients are at risk of micronutrient deficiency including vitamin D. There is evidence that vitamin D deficiency is associated with poor disease activity.

Aims/Background To determine the vitamin D status and evaluate the effectiveness of oral vitamin D treatment in a sub-set of IBD patients at a University Hospital.

Table 1 Plasma vitamin D response to differing doses of oral treatment in CD and UC

	Subjects	Vitamin D deficient (%)	Treated orally+follow-up Vitamin D available	% increase in plasma vitamin D	High dose Rx	% increase in plasma vitamin D	Low dose Rx	% increase in plasma vitamin D
All subjects	205	95 (46)	32	**115**	24	**150**	8	**34**
UC	70	35 (50)	11	**100**	8	**167**	3	**47**
All CD	135	60 (44)	21	**116**	16	**150**	5	**29**
Ileocolonic CD	*45*	*20 (44)*	*9*	***132***	*7*	***156***	*2*	**13**
Colonic CD	*36*	*15 (42)*	*5*	***64***	*3*	***114***	*2*	**46**
Small bowel -CD	*54*	*25 (46)*	*7*	***145***	*6*	***173***	*1*	**14**