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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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