

Vitamin D Tests



Choosing Wisely[®]

An initiative of the ABIM Foundation



STRONGERTOGETHER

Get a vitamin D test—but only if you need it

Some people don't have enough vitamin D in their body. That's why many doctors order a blood test for vitamin D.

It's important to get a vitamin D test if you need it. But many people get this test even if they don't need it.

Who needs a vitamin D test?

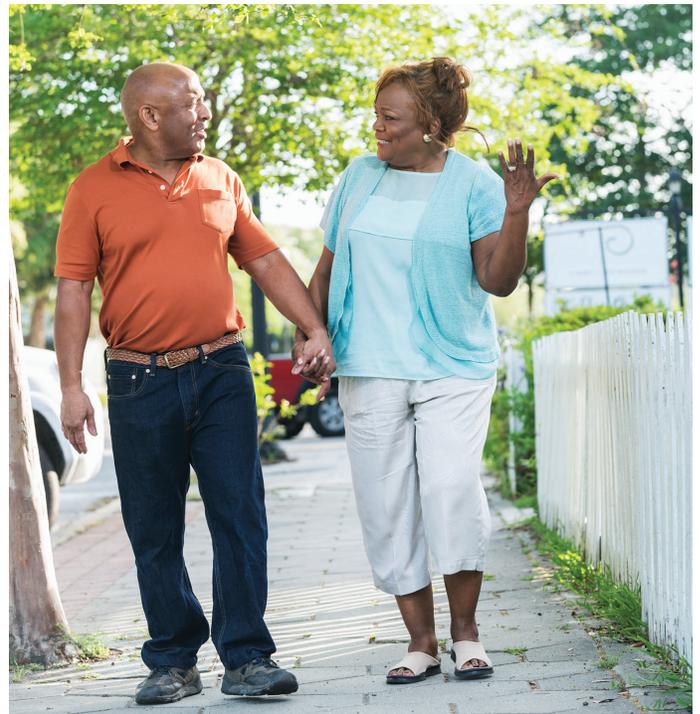
If your doctor orders a vitamin D test, ask why you need it. You may need a vitamin D test if you have:

- A disease that makes it hard for your body to use vitamin D, such as celiac, kidney, or liver disease
- Osteoporosis, which makes your bones more likely to break

If you do need a vitamin D test, ask your doctor which test is best. Be sure to get the same kind of test each time. That way, you can compare your results over time.

Your test results

If you have a low vitamin D level, talk with your doctor. Ask how to raise your level.



Learn more:

www.choosingwisely.org/patient-resources

This report is for you to use when talking with your healthcare provider. It is not a substitute for medical advice and treatment. © 2016 Consumer Reports. Developed in cooperation with the American Society for Clinical Pathology.