

Approved by BCAP Prescribing and Therapeutics Committee

Heading

Trust(s)	North Bristol NHS Trust
Speciality / Department:	Renal
Drug:	Renavit [®] (water soluble vitamins for renal patients)

Background

Patients with chronic kidney disease (CKD) undergoing dialysis are at risk of lower serum levels of water soluble vitamins due to dietary restriction, poor gastrointestinal absorption and dialysate losses. European Best Practice Guidance¹ and Renal Association Clinical Practice Guidelines for Nutrition in CKD recommend that dialysis patients are prescribed water soluble vitamin supplements. The Dialysis Outcomes and Practice Patterns Study (DOPPS)³ has suggested that dialysis patients receiving water soluble vitamin supplements have a lower mortality risk compared to patients not receiving supplements. Vitamin supplements containing fat soluble vitamins (A,D,E and K) are not recommended due to reduced renal losses and risk of accumulation; standard multivitamin preparations are therefore not suitable for CKD patients.

Treatment Aims

The aim of treatment with renal multivitamins is to prevent dialysis associated vitamin deficiencies in dialysis patients, and to prevent accumulation of harmful fat soluble vitamins.

Treatment Schedule

Renavit[®] closely matches the European Best Practice Guidance recommendations. Patients should receive supplements as recommended by the patient's Renal consultant:

- Haemodialysis patients: 1 tablet post dialysis (usually 3 times weekly)
- Peritoneal dialysis patients: 1 tablet daily

Description of Composition: each Renavit[®] tablet contains

- Thiamine	(B1)	3mg
- Riboflavin	(B2)	1.7mg
- Niacin	(B3)	20mg
- Pantothenic Acid	(B5)	10mg
- Pyridoxine	(B6)	10mg
- Biotin	(B8)	300micrograms
- Folic Acid	(B9)	1mg
- Cobalamin	(B12)	6micrograms
- Ascorbic Acid	(C)	120mg

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Monitoring

No specific monitoring in primary care is required. All dialysis patients undergo regular biochemical monitoring and dietetic review to identify and manage nutritional and vitamin deficiencies.

Side Effects

Renavit should not be administered to patients with an allergy to any ingredients or excipients. Please see Renavit Datasheet for full list.

Drug Interactions

None reported, however prescribers should be vigilant for patients self-medicating with additional multi-vitamin products which may duplicate active ingredients or contain additional harmful supplements.

Caution and Special recommendations

Renavit contains gelatine – please be aware that patients may not wish to consume gelatine for cultural reasons.

Advice to Patients

None.

Contact Details (please insert more rows if required)

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Document Details

Date prepared	October 2013
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Collaboration

Specialists in any one discipline are encouraged to collaborate across the health community in preparing shared care guidance. Please give details

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References

1. European Best Practice Guideline on Nutrition. Nephrology, Dialysis and Transplantation (2007) Suppl 2: ii45-87
2. Renal Association Guidelines accessed via <http://www.renal.org/clinical/guidelinessection/NutritionInCKD.aspx#SummaryPrevention>
3. Fissell RB, Bragg-Gresham JL et al. Dialysis Outcomes and Practice Patterns Study (DOPPS) Data on Medication in Haemodialysis patients
4. Product data sheet supplied by Stanningley Pharma