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.