

# VISTELLA capsules

## Consumer Medicine Information (CMI) summary

The [full CMI](#) on the next page has more details. If you are worried about using this medicine, speak to your doctor or pharmacist.



This medicine is subject to additional monitoring. This will allow quick identification of new safety information. You can help by reporting any side effects you may get. You can report side effects to your doctor, or directly at [www.tga.gov.au/reporting-problems](http://www.tga.gov.au/reporting-problems).

### 1. Why am I using VISTELLA?

VISTELLA contains the active ingredient calcifediol (as calcifediol monohydrate). VISTELLA is used for the treatment of vitamin D deficiency in adults, and maintenance treatment as required. For more information, see Section [1. Why am I using VISTELLA?](#) in the full CMI.

### 2. What should I know before I use VISTELLA?

Do not use if you have ever had an allergic reaction to calcifediol or any of the ingredients listed at the end of the CMI.

**Talk to your doctor if you have any other medical conditions, take any other medicines, or are pregnant or plan to become pregnant or are breastfeeding.**

For more information, see Section [2. What should I know before I use VISTELLA?](#) in the full CMI.

### 3. What if I am taking other medicines?

Some medicines may interfere with VISTELLA and affect how it works.

A list of these medicines is in Section [3. What if I am taking other medicines?](#) in the full CMI.

### 4. How do I use VISTELLA?

- Take 1 capsule monthly.

More instructions can be found in Section [4. How do I use VISTELLA?](#) in the full CMI.

### 5. What should I know while using VISTELLA?

<b>Things you should do</b>	<ul style="list-style-type: none"><li>• Remind any doctor, dentist or pharmacist you visit that you are using VISTELLA.</li><li>• Tell your doctor if you are pregnant or become pregnant.</li></ul>
<b>Things you should not do</b>	<ul style="list-style-type: none"><li>• Do not give your medicine to anyone else, even if they have the same condition as you.</li><li>• Do not take more than the recommended dose or more often unless your doctor or pharmacist tells you to.</li></ul>
<b>Looking after your medicine</b>	<ul style="list-style-type: none"><li>• Keep your medicine in the original blister protected from light, where the temperature stays below 30°C.</li><li>• Store it in a cool dry place away from moisture, heat or sunlight.</li></ul>

For more information, see Section [5. What should I know while using \[insert medicine\]?](#) in the full CMI.

### 6. Are there any side effects?

Tell your doctor as soon as possible if you do not feel well while you are taking VISTELLA.

Side effects to calcifediol are generally uncommon but sometimes they can be common. The most significant side effects are related to excessive intake of vitamin D i.e. they are often associated with overdose or prolonged treatment, especially when associated with high doses of calcium.

For more information, including what to do if you have any side effects, see Section [6. Are there any side effects?](#) in the full CMI.

# VISTELLA capsules

Active ingredient: *calcifediol (as calcifediol monohydrate)*

## Consumer Medicine Information (CMI)

This leaflet provides important information about using VISTELLA. **You should also speak to your doctor or pharmacist if you would like further information or if you have any concerns or questions about using VISTELLA.**

**Where to find information in this leaflet:**

- [1. Why am I using VISTELLA?](#)
- [2. What should I know before I use VISTELLA?](#)
- [3. What if I am taking other medicines?](#)
- [4. How do I take VISTELLA?](#)
- [5. What should I know while using VISTELLA?](#)
- [6. Are there any side effects?](#)
- [7. Product details](#)

## 1. Why am I using VISTELLA?

VISTELLA contains the active ingredient calcifediol (as calcifediol monohydrate). Calcifediol is a form of vitamin D.

VISTELLA is used for the treatment of vitamin D deficiency in adults and maintenance treatment, as required.

## 2. What should I know before I use VISTELLA?

### Warnings

**Do not take VISTELLA if:**

- you have hypersensitivity to calcifediol monohydrate, or any of the ingredients listed at the end of this leaflet
- you have too much calcium in the blood or urine
- you have kidney stones
- you have too much vitamin D
- the expiry date printed on the pack has passed
- the packaging is torn or shows signs of tampering.

**Check with your doctor if you have or have had any of the following medical conditions:**

- liver disease
- kidney stones
- kidney disease
- heart disease
- hyperparathyroidism
- prolonged immobilisation
- some bowel diseases can reduce the ability to absorb vitamin D
- sarcoidosis (disease with nodules, usually on the skin), tuberculosis or other diseases with nodules.

Your doctor must inform you and/or your caregivers of the importance of taking the drug at the prescribed dose and of recommendations about your diet and calcium supplements intake to avoid overdosing.

During treatment, you may be at risk of developing certain side effects. It is important you understand these risks and how to monitor for them. See additional information under Section [6. Are there any side effects?](#)

## Pregnancy and breastfeeding

**Tell your doctor if you become pregnant while taking this medicine.**

**Do not take this medicine during pregnancy.**

**Do not take this medicine while breastfeeding.**

## 3. What if I am taking other medicines?

**Tell your doctor or pharmacist if you are taking any other medicines, including any medicines, vitamins or supplements that you buy without a prescription from your pharmacy, supermarket or health food shop.**

Some medicines may interfere with VISTELLA and affect how it works. These include:

- medicines used to treat epilepsy (such as phenytoin, phenobarbital and primidone) and other enzyme-inducing drugs (favoring the reduction of VISTELLA effect).
- heart medicines and/or hypertension and cardiac glycosides, thiazide diuretics or verapamil.
- cholestyramine, colestipol (for cholesterol), orlistat (for obesity). Intake of these drugs and calcifediol should be separated at least 2 hours.
- mineral oil or paraffin (laxatives): Using another type of laxative or separating intake of both drugs is recommended.
- some antibiotics (such as penicillin, neomycin and chloramphenicol).
- magnesium salts.
- other products with vitamin D.
- calcium supplements.
- corticosteroids (anti-inflammatory drugs).

**Check with your doctor or pharmacist if you are not sure about what medicines, vitamins or supplements you are taking and if these affect VISTELLA.**

## 4. How do I take VISTELLA?

### How much to take

The recommended oral dose is 1 capsule, taken once a month.

Always take this medicine exactly as your doctor or pharmacist has told you.

Your doctor should monitor your calcium and vitamin D levels periodically, usually before starting the treatment and at 3 months after. Doses may be reduced or more spaced in time when symptoms improve, or vitamin D deficiency has been overcome.

### When to take VISTELLA

VISTELLA may be taken with or without food.

### If you forget to use VISTELLA

VISTELLA capsule should be taken once a month on the same day. If you miss a dose, you should take the capsule on the day you remember, unless the next month's scheduled dose is within 14 days. If the next month's scheduled dose of VISTELLA is within 14 days, you should wait until your next month's scheduled dose and then continue taking VISTELLA as originally scheduled.

### If you use too much VISTELLA

If you think that you have used too much VISTELLA, you may need urgent medical attention.

#### You should immediately:

- phone the Poisons Information Centre (by calling 13 11 26), or
- contact your doctor, or
- go to the Emergency Department at your nearest hospital.

**You should do this even if there are no signs of discomfort or poisoning.**

## 5. What should I know while using VISTELLA?

### Things you should do

**If you are about to be started on any new medicine, remind your doctor or pharmacist that you are taking VISTELLA.**

**If you become pregnant while taking this medicine, tell your doctor immediately.**

**If you are about to have any blood tests, tell your doctor that you are taking this medicine.**

It may interfere with the results of some tests, e.g. cholesterol tests.

Your doctor may monitor your urine and serum calcium, vitamin D and parathyroid hormone (PTH) levels whilst you are taking VISTELLA in order to assess your response to treatment.

### Things you should not do

**Do not give your medicine to anyone else, even if they have the same condition as you.**

**Do not take more than the recommended dose or more often unless your doctor or pharmacist tells you to.**

If you do, the risk of overdose increases.

### Looking after your medicine

**Keep your medicine in the original blister protected from light, where the temperature stays below 30°C.**

Store it in a cool dry place away from moisture, heat or sunlight; for example, do not store it:

- in the bathroom or near a sink, or
- in the car or on window sills.

**Keep it where young children cannot reach it.**

### Getting rid of any unwanted medicine

If you no longer need to use this medicine or it is out of date, take it to any pharmacy for safe disposal.

## 6. Are there any side effects?

All medicines can have side effects. If you do experience any side effects, most of them are minor and temporary. However, some side effects may need medical attention.

See the information below and, if you need to, ask your doctor or pharmacist if you have any further questions about side effects.

### Less serious side effects

Less serious side effects	What to do
In case of moderate hypercalcaemia (taking more than the recommended dose) the following symptoms may appear: <ul style="list-style-type: none"><li>• weakness, fatigue, drowsiness, headache, irritability, increased urine production, excessive thirst, dehydration, weight loss, nausea, muscle weakness, changes in mental state</li></ul>	<b>Stop taking the medicine and speak to your doctor or pharmacist if you have any of these less serious side effects.</b>

### Serious side effects

Serious side effects	What to do
The most significant adverse effects are related to excessive intake of vitamin D, i.e. they are often associated with overdose or prolonged treatment, especially when associated with high doses of calcium. Symptoms may include:	<b>Call your doctor or go straight to the Emergency Department at your nearest hospital if you</b>

<ul style="list-style-type: none"> <li>• bone pain, headaches, confusion, reduction in mental alertness and coma.</li> </ul>	<p><b>notice any of these serious side effects.</b></p>
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## Who distributes VISTELLA

Aspen Pharmacare Australia Pty Ltd  
34 - 36 Chandos Street  
St Leonards NSW 2065  
Australia

This leaflet was revised in August 2025.

**Tell your doctor or pharmacist if you notice anything else that may be making you feel unwell.**

Other side effects not listed here may occur in some people.

### Reporting side effects

After you have received medical advice for any side effects you experience, you can report side effects to the Therapeutic Goods Administration online at [www.tga.gov.au/reporting-problems](http://www.tga.gov.au/reporting-problems). By reporting side effects, you can help provide more information on the safety of this medicine.

**Always make sure you speak to your doctor or pharmacist before you decide to stop taking any of your medicines.**

## 7. Product details

This medicine is only available with a doctor's prescription.

### What VISTELLA contains

<b>Active ingredient (main ingredient)</b>	<ul style="list-style-type: none"> <li>• calcifediol (as calcifediol monohydrate): 255 microgram/capsule</li> </ul>
<b>Other ingredients (inactive ingredients)</b>	<ul style="list-style-type: none"> <li>• ethanol</li> <li>• medium chain triglycerides</li> <li>• gelatin</li> <li>• glycerol</li> <li>• sorbitol (70%) (non-crystallising)</li> <li>• titanium dioxide</li> <li>• sunset yellow FCF.</li> </ul>

This medicine contains 1% ethanol (alcohol), which corresponds to 4.98 mg/capsule.

**Do not take this medicine if you are allergic to any of these ingredients.**

### What VISTELLA looks like

VISTELLA are orange, soft gelatine capsules containing a clear, low viscous and free from particles liquid. Packed in PVC/PVDC-Al blisters containing either 5 or 10 capsules.

Australian Registration number: AUST R 413380.