

# B12 Injection Pre and Post Instructions

## PRE-TREATMENT INSTRUCTIONS:

- This injection is provided to you for treatment of conditions not related to pernicious anemia. If you have been diagnosed with Pernicious Anemia (a condition wherein the body cannot absorb the B12 Vitamin from dairy products or other foods) you will be referred to your primary care physician for treatment.
- Be aware that **aspirin**, aspirin-containing medications (ie: Motrin), fish oil, flax seed, high doses of Vitamin A or E, Ginko Biloba, or Garlic may cause undue bleeding which may result in bruising. If you wish to minimize the risk of bleeding be advised that we recommend you avoid these substances for a minimum of **three days** prior to injection.
- Eat a meal or light snack prior to treatment. Notify clinician if you have a needle phobia, prior to treatment. This allows the clinician to take the appropriate precautions to ensure your treatment is as comfortable as possible.
- Optimal results are achieved with clients who continue treatments routinely. Frequency will depend on your individual needs/goals as well as your medical history.
- It is normal for the injection site to burn for just a few minutes immediately or shortly after the injection. This will dissipate once the muscle is used and the product diffuses into the muscle.
- B12 injections do not directly help with losing weight but since B12 vitamins is often nicknamed the "energy vitamin" it does stay true to its name in that it should promote those who take a vitamin B12 injection into doing more exercise.
- Please call to reschedule if you experience flu-like symptoms or a respiratory infection the day prior to treatment. Also call to reschedule if you notice any type of skin condition on the area to be treated.

## POST-TREATMENT INSTRUCTIONS:

- Effects will start to be apparent within several hours to days after treatment.
- Side effects can occur but are often very mild. The most common symptoms are: pain/redness or itching at the injection site & mild diarrhea. These side effects will pass as time goes by.
- Itching or a feeling of swelling all over the body may occur. If any of these effects persist or worsen, tell your doctor promptly. Many people using this medication do not have serious side effects.
- This medication may cause low potassium levels in the blood (hypokalemia). Tell your doctor immediately if any of these unlikely but serious side effects occur: muscle cramps, weakness, irregular heartbeat.
- People who have a rare blood disorder (polycythemia vera) may infrequently have symptoms related to this disorder while taking (B12 injections) cyanocobalamin. Seek immediate medical attention if any of these rare but very serious symptoms occur: chest pain (especially with shortness of breath), weakness on one side of the body, sudden vision changes, slurred speech.
- Optimal results are achieved with clients who continue treatments routinely. Most patients will receive injections every 2-4 weeks. The frequency of injections will be determined between you and your clinician after a full medical history is reviewed.