



B12 INJECTIONS

PRE + POST CARE

PRE-TREATMENT CARE:

- This injection is provided to you for the treatment of conditions not related to pernicious anemia. If you have been diagnosed with pernicious anemia (a condition where the body cannot absorb the B12 Vitamin from foods), you will be referred to your primary care physician for treatment.
- Some medications or supplements may increase your risk of bleeding and bruising at injection sites. These include anticoagulants like warfarin or apixaban, aspirin, NSAIDs such as ibuprofen and naproxen, and supplements like fish oil. Make sure you have told your provider about all medications and supplements you are taking.
- Eat a meal or light snack prior to treatment. Notify the clinician if you have 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. The 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.
- 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.



B12 INJECTIONS CONT.

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POST-TREATMENT CARE:

- Side effects can occur but are often very mild. The most common symptoms are: pain, redness, or itching at the injection site, as well as 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, or irregular heartbeat.
- People who have a rare blood disorder called 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, shortness of breath, one-sided body weakness, sudden vision changes, or slurred speech.
- Optimal results are achieved with clients who continue treatments routinely. Most patients will receive injections every 4 weeks, as determined by your clinician after a full medical history is reviewed.