

Vitamin B12 injections

Information for patients during COVID-19 outbreak

Why has my vitamin B12 injection been postponed?

Following national guidance from the British Society of Haematology and The Royal College of General Practitioners, administration of your vitamin B12 injection is being postponed, to reduce the number of people who need to visit GP practices during the COVID-19 outbreak. This is a responsible measure to reduce non-vital patient/staff contact.

What does this mean for me?

One dose (injection) of your usual vitamin B12 will be postponed. For nearly all people, missing one dose of vitamin B12 should not be a problem as body stores should take more than 24 weeks to deplete after the initial course of loading injections has been given.

What about my next dose?

Your practice will be in touch to book you an appointment to have your injection.

I don't think I will be able to wait this long.

For nearly all people, missing one injection of vitamin B12 is not a problem. If you are very concerned you could consider purchasing vitamin B12. A dose of 1000micrograms (mcg) daily of vitamin B12 (also called cyanocobalamin) is suggested. Tablets of this strength are available to buy as a food supplement from pharmacies, health food shops or online. Sublingual tablets (that dissolve under the tongue) or oral sprays are also available to purchase, there is some evidence that vitamin B12 is absorbed through the tissues in the mouth. These products will need to be purchased at your own expense as they are not available locally on prescription, due to a lack of evidence of their effectiveness.

Sussex CCGs Medicines Management teams – Adapted with permission from Surrey Heartlands MMT
Vitamin B12 Injections patient information leaflet

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