



April 2020

Dear Patient

## **B12 injections in the coronavirus pandemic**

Most of our patients who required B12 injections can be treated with oral B12 tablets over the course of the coronavirus pandemic.

Searching of your medical record has identified that you still require intramuscular B12 injections to maintain your B12 levels. This is usually due to previous small bowel resection (removal) surgery that makes it difficult for your body to absorb oral B12 from food stuffs or B12 tablets.

We would like you to consider self-administration of B12 by either injecting yourself or asking a care giver to administer the injection for you during the coronavirus pandemic.

B12 injection is a simple medical procedure but is not without complications if not performed properly. We have produced a self-administration video of the injection procedure which can be viewed on our website at [ivy.gs/b12](http://ivy.gs/b12).

Possible complications of intramuscular B12 injection are as follows-

Introduction of bacteria under the skin during the injection. It is therefore important that you wash your hands and avoid touching the sterile parts of the needle and syringe during the injection.

At times the needle can hit a small blood vessel causing a small amount of bleeding under the skin. This causes a bruise to appear which resolves over a few days. To avoid larger bruises, apply moderate pressure to the injection site with cotton wool or gauze for a few minutes after the injection.

Injecting in the wrong area can cause an abscess to form under the skin. To avoid this only inject in the area recommended by your nurse or doctor. Do not inject into a painful or inflamed area. Seek medical advice if this happens.

**Please note Ivy Grove surgery cannot accept responsibility if the instructions given by your nurse or doctor are not followed and result in injury.**

**If you are struggling to follow the instructions in the video or have questions, please do not hesitate to contact us and we will do our best to assist you.**

Yours Sincerely

Ivy Grove Surgery Team