

Before and after your visit

Patient name: _____ DOB: _____ Today's date: _____

Before the injection

- Confirm the form is methylcobalamin. B-12 products differ; tell staff about a prior reaction to vitamin B-12, cobalt or an ingredient in an injection.
- Bring your medicine list and report optic-nerve disease, blood disorders, recent infection, low iron or folate, pregnancy or breastfeeding. Complete any clinician-ordered testing.
- Ask what the injection is intended to treat and when response will be reviewed. Do not assume fatigue always means B-12 deficiency.

At the office

- Remain for your observation period and report unexpected symptoms before leaving. Follow the separate general injection-care sheet too.

After the injection

- A sore spot or bruise may occur. Report persistent nausea, vomiting, headache or diarrhea, and any symptom that is new or worsening.
- Keep the prescribed follow-up and lab review. Do not take extra B-12 injections or supplements to speed results without discussing them with your clinician.

When to seek help

- Call for fever, spreading redness, drainage, a painful enlarging lump or a reaction that does not settle. Call 911 for trouble breathing, swelling of the tongue or throat, chest pain, collapse or stroke symptoms.

Patient initials: _____ I acknowledge receipt of these instructions.

A copy will be kept in my patient record.