



VITAMIN B12 DEFICIENCY

Using Methyl-B12 (5mg/ml Ampoule)

With Compliments – www.B12d.org

Please find enclosed injectable methylcobalamin (5mg/ml, ampoule). We offer buffered methylcobalamin without preservative. This is only for injection, not infusion or orally.

What I need:

Ampoule snapper (eg <https://www.amazon.co.uk/Safe-glass-ampoule-opener-Pink/dp/B016FKIM7Q>); small syringes with 12mm needles (eg <https://www.amazon.co.uk/Terumo-insulin-syringe-0-3ml-needle/dp/B01AMTGOW0>); Sharps bin (eg <https://www.amazon.co.uk/SHARPSGUARD-Sharps-Orange-Litre-Small/dp/B006BGGV7S>); Symptoms diary (use the website or our charity diary). Alternately you can score the ampoule neck with a triangular file (a serrated knife seems to work as well) to help it break in the right place .

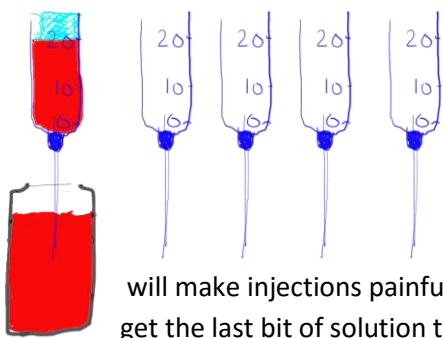
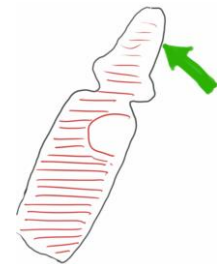
What dose do I need?

You need either 1000µg (=1000mcg) of methylcobalamin per injection or 500µg. You won't need more than this. How often you need to inject depends on what works for you as an individual. With a 5mg/ml ampoule, you need 0.2ml per injection, ie 20 units on your syringe (you will need to **fill five syringes and store them** until needed).

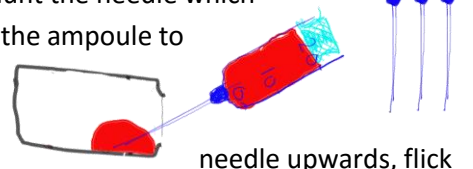
Loading dose (when you start) is 3 injections per week for a fortnight. After that, try injecting once per month. If your symptoms return more quickly, then inject more often. Around half of people who have deficiency need to inject weekly and some are fine injecting every 3 months, some need to inject every day. You can't tell from the symptoms.

Filling the five syringes

The ampoule is made of glass, with a "neck" half way down. If there is B12 solution above the neck then flick the top of the ampoule (holding it the right way up) to drop the B12 solution into the main body of the ampoule. Then break the syringe – there's a dot to show the weakest side of the neck, put the dot towards you in the Ampoule Opener.



Take each syringe, and take the orange needle cap off. Be careful not to poke yourself with the needle. Fill the syringe by putting the needle into the solution (don't push it against the bottom of the ampoule as this will blunt the needle which will make injections painful). You will need to tip the ampoule to get the last bit of solution to where the needle can reach. Don't be too fussy about getting every last drop up. If there's a bubble in the syringe, then point the



needle upwards, flick the syringe with a finger (not the needle), and carefully squeeze the syringe plunger to push the bubble out (you may need to draw in more air to connect the bubble with the needle). As you are injecting intramuscular, you can inject tiny bubbles without damage or risk.

How to inject

You can inject IM (intramuscular) or SC (subcutaneous). For B12 injections, it is probably better to inject IM to your thigh or have someone inject into your shoulder.

Make sure your skin is clean, but don't use a sterilising wipe (it hurts more). Put the needle on the skin, then push it in steadily (not too quickly) and smoothly. With a needle between 8mm and 16mm (we recommend the ½ inch/ 12.7mm needles), push it straight in (perpendicular to your skin) the full depth of the needle. With a longer needle, push it in to the depth your healthcare professional has advised you (some people may need a longer needle to reach past subcutaneous fat).

Push the plunger in to inject the B12, gently, this should take about 3 seconds, but don't wobble the syringe. Then pull the syringe out (leave the plunger fully depressed) and put needle and syringe straight into the sharps bin. Don't fuss trying to put the cap on or breaking the needle.

Sometimes you will get a drop of blood, sometimes not. Occasionally you will get a bruise. It's normal to get this variation.

VERY IMPORTANT

- 1 Only use a syringe or needle for one injection. Throw it into the sharps bin after use. If there's any B12 left in the syringe, throw that away too.
- 2 Never wash or clean a syringe and needle after use. Blood picks up infections very quickly and you can get a needle-stick injury (jab yourself with a used needle)
- 3 **Ampoules are designed for single use. If you are getting five or ten injections out of a single ampoule (most people get 5) then fill five syringes and put them into a cupboard with the orange caps on and throw away the empty ampoule, don't try to store the ampoule once it is opened!**

Symptoms diary

Use a symptoms diary to write down the symptoms you feel each day. It shows how long after an injection it takes for symptoms to come back, and which symptoms come back first. Then you can make a decision when your next injection is due. You can also use copies of the symptoms sheet from the web.

Expect your friends to notice the change before you do. B12 is natural to humans, so expect a natural recovery. People tell us that they become more sociable first, and get their energy later. They tell us that neuropathic pains take a little longer, and hormones longer still.

How long will the ampoule last?

Our bottles have typically 12 – 24 month printed expiry date, but will last much longer. Please come back for more when you need – we know it's difficult to get from other places. Keep them out of sunlight and away from microwaves, although there is no need to chill them.

With taxes and shipping, we pay approximately £7 for ten ampoules of 1mg/ml hydroxocobalamin and £64 for ten ampoules of 5mg/ml methylcobalamin. Not everyone can afford to donate, so if you can donate even more it helps to support us to send B12 to those who can't afford to donate.

Vitamin B12 deficiency Support Group
Registered Charity Number 1146432
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If you would like to make a donation, please give via our bank account:
B12 deficiency support group
Sort code 77-29-07
Account number 18833068