

B12 METHYLCOBALAMIN SELF-INJECTION KIT

Dr Ayanna Knight - Health & Wellness

Instruction Guide for Intramuscular (IM) Self-injection of B12 Methylcobalamin 1mg/5mg

To ensure safety and please wash your hands prior to administering the B12 Shot. We recommend wearing disposal gloves.

STEP 1: PREPARE SELF INJECTION KIT EQUIPMENT

Take the following items out and line up in order as per the list below:

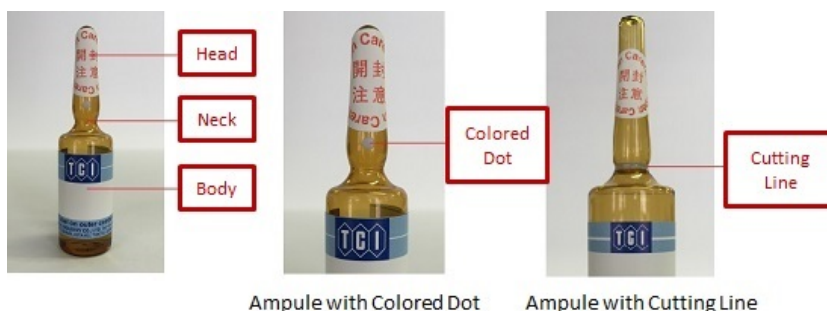
- 1 x 2ml syringe
- 1 x Yellow needle
- 1x Methylcobalamin Ampoule (1mg/1ml or 5mg/1ml)
- 1 x Orange needle
- 1 x Alcowipe
- Pack of gauze
- Sharps bin

STEP 2: PREPARE THE SYRINGE FOR DRAWING UP METHYLCOBALAMIN

After removing the packaging attach the longer yellow needle to the 2ml syringes. Keep the cap of the needle in place.

STEP 3: PREPARE THE METHYLCOBALAMIN AMPOULE

Hold the B12 ampoule upright and tap or flick gently with your finger to dislodge air bubbles into the top of the bottle head. With the index finger and thumb of your dominant hand, hold the head of the ampoule and your other hand supporting the lower half. Look for the dot and scored line on the neck of the ampoule. Carefully snap the neck of the B12 ampoule in the opposite direction of the scored line. Dispose of the head of the bottle into the sharps bin.

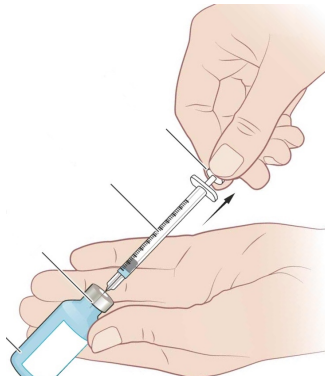


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STEP 4: DRAW UP THE METHYLCOBALAMIN

Take the prepared syringe and carefully remove the cap of the attached yellow needle. Draw up the entire ampoule of Methylcobalamin from the open ampoule slowly and carefully to minimise air bubbles in the syringe. Dispose of the ampoule into the sharps bin.

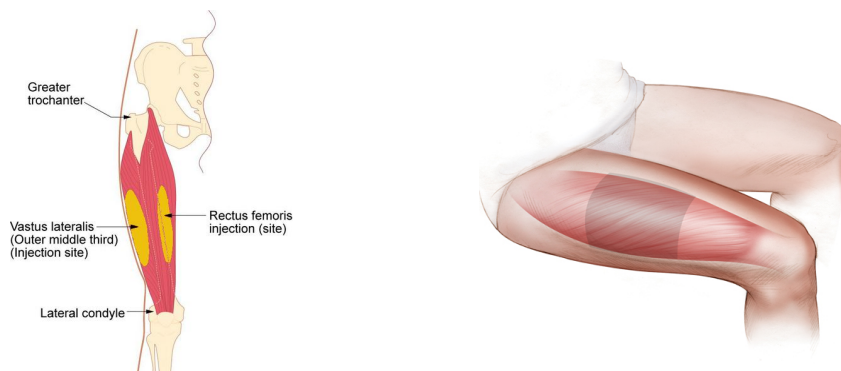


STEP 5: PREPARE THE METHYLCOBALAMIN SYRINGE FOR INJECTION

Carefully remove the yellow needle from the syringe and place into the sharps bin. Remove the packaging from the shorter orange needle and connect to the filled syringe. Pull back the plunger slightly so there is approximately 1ml of air above the 1ml of Methylcobalamin in the syringe. Holding the syringe vertically with needle facing upwards, flick the syringe gently with your finger to dislodge any air bubbles in the Methylcobalamin into the top of the syringe. Carefully push the plunger until a small drop of Methylcobalamin appears out of the top of the needle.

STEP 6: LOCATE THE INJECTION SITE

Expose the thigh and sit in a comfortable position in which the leg can relax. To locate the injection site, firstly feel for the outer knee and hip bone. Draw hands in at equal speed to reach the mid point of the upper outer thigh. Open the Alcowipe and clean this area. Using your non-dominant hand, squeeze the upper outer mid point of the thigh (place finger tips on the outer edge of the thigh and thumb on the top of the thigh).

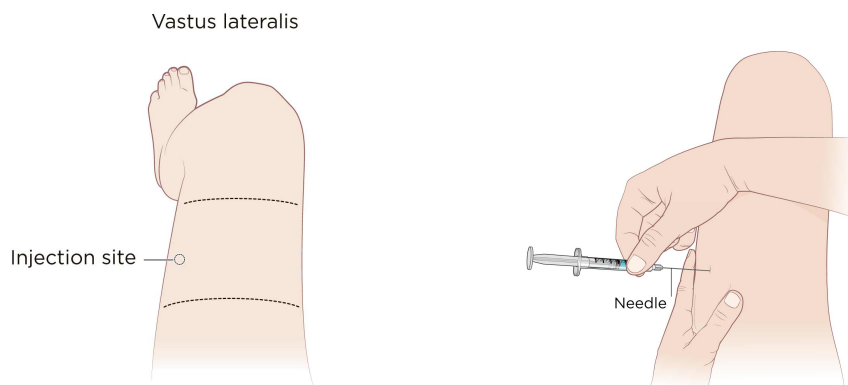


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STEP 7: INJECT METHYLCOBALAMIN INTO THIGH

Remove the cap of the orange needle. With your dominant hand, swiftly inject the needle fully at a right angle into the upper outer part of the thigh between the area squeezed. Ensure the leg is relaxed to reduce any tenderness or pain on injection. With the needle fully pushed into the skin the Methylcobalamin should be injected into the target muscle in the thigh, Vastus Lateralis. Slowly push the plunger injecting the full 1ml of Methylcobalamin into the thigh; this should be completed in around 5-8 seconds.



STEP 8: POST CARE FOLLOWING INJECTION

Swiftly but carefully withdraw the needle from the skin and dispose of the needle and syringe into the sharps bin. A small drop of Methylcobalamin or blood may form on the skin following injection, if this occurs press the area with the gauze for around 10 seconds.

Note: Alternate thighs from week to week for IM injection.

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FREQUENTLY ASKED QUESTIONS

HOW DO I SELF-INJECT VITAMIN B12?

We recommend our B12 Methylcobalamin are injected into the thigh. Specifically, the muscle injected is known as the *vastus lateralis*. This large muscle is easily identified on the upper, outer thigh making it a safe injection site for self-administration. Our B12 Self-Injection Kits include detailed written instructions to demonstrate safe, intramuscular (IM) injection technique.

ARE B12 INJECTIONS SAFE?

Our service provides safe access to premium, pharmaceutical grade vitamin B12 Methylcobalamin. A toxic vitamin B12 overdose could not occur as the body will absorb what it needs from the B12 injected and excrete any excess in the urine. Intramuscular injection of B12 carries a very low risk of side effects and offers an accessible wellness boost to optimise energy release, metabolism and support mental wellbeing.

I USUALLY INJECT 1MG B12 - IS THE 5MG DOSE OF METHYLCOBALAMIN SAFE?

Absolutely. Our clinic offers two strengths of Methylcobalamin B12, 1mg/1ml and 5mg/1ml for self-injection. The 5mg dose offers 5 times the strength of the 1mg. The benefit of this is that this higher dose can be injected in one shot and the benefits of B12 supplementation may be felt sooner. As the body only absorbs the B12 it needs, there is no risk of overdose.

HOW OFTEN SHOULD I INJECT METHYLCOBALAMIN B12?

The frequency of B12 therapy depends on the patient and individual health concerns. For optimum results, our Methylcobalamin B12 shots are recommended to be given weekly for a course of 6. Following this, we recommend a maintenance B12 shot every 3-4 weeks to maintain B12 levels and support optimum wellness.

WHAT ARE THE POSSIBLE SIDE EFFECTS OF B12 INJECTIONS?

Side effects are very rare. The most common side effect is irritation at the site of injection which could last up to 5-10 minutes. In some patients, particularly high doses of B12 can trigger a breakout of acne. This can last for 1-2 weeks and settles once the vitamin B12 supplements have been stopped. In some cases, these breakouts could be due to a lack of the vitamin Biotin. Supplementing with a safe dose of Biotin alongside your B12 injections will resolve this skin concern in many cases.

HOW SHOULD I STORE THE B12 AMPOULES?

We recommend storing the Methylcobalamin ampoules at room temperature away from direct sunlight. Our Methylcobalamin B12 ampoules are single use vials.

WHAT IS THE SHELF LIFE OF THE METHYLCOBALAMIN AMPOULES?

The expiration date of the Methylcobalamin is on each individual ampoule. Typically 18-24 months from the time of order.

If you have any questions, queries or concerns regarding the self-injection instructions or you do not feel confident to proceed, please contact Dr Ayanna Knight directly on 07947910380.