

What Forms Does Vitamin B12 Come In?

This vitamin comes in several forms:

- Cyanocobalamin- a synthetic form of B12 converted to methylcobalamin in the body.
- Hydroxycobalamin- a natural form of B12 occurring in the body
- Methylcobalamin- a natural form of B12 occurring in the body

References:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5312744/>

What is B12 used for?

- Used to supplement B12 deficiency or malabsorption
- Treatment of pernicious anemia – the body is unable to make enough red blood cells because it does not have enough B12
- Treatment of increased B12 requirements due to pregnancy, thyrotoxicosis, hemorrhage, malignancy, liver or kidney disease. Ref Cyanocobalamin injection [prescribing information]. Shirley, NY: American Regent Inc; October 2018.

It may be given to you for other reasons. Talk with your doctor.

Compounded drug Forms: Intramuscular or subcutaneous Injection, capsules, tablets, sublingual tablet or troche.

How should I take this medicine?

Follow the package directions provided by the pharmacy and your prescriber. Your dosage is based on your medical condition and response to therapy.

For Injectable – This is given as a shot into the muscle or fatty part of the skin. Wash hands and sterilize the injection site with alcohol prior to administration. Do not use the solution if it becomes cloudy, has particles, or changes color. Dispose of used needles in a Sharps® container.

For oral – It is best taken with food

Sublingual – Place the tablet under the tongue and let it fully dissolve

What if I miss a dose?

If you miss a dose take it as soon as possible. If it is almost time for your next dose, skip the missed dose and continue with your regular dosing schedule. Do not double the dose.

What should I watch out for while using this medication?

Signs of an allergic reaction: hives, blistering, swelling of the mouth, face, lips tongue throat, trouble breathing.

If using the injectable form you may have an injection site reaction – redness or itching around the site the injection occurred.

Have your blood levels monitored for B12 and other blood levels know as a CBC before treatment and then ongoing as your prescriber deems necessary.

[continued over]



What Side Effects may I notice?

- Feeling dizzy, tired, or weak.
- Headache.
- Feeling nervous and excitable.
- Diarrhea, upset stomach, or throwing up.
- Joint pain.
- Signs of a common cold.

Where should I store my medication?

Store tablets, capsules, sublingual tablets and injectables at room temperature, injectables should be protected from light. If you received an injectable form in the state of California, it should be kept Frozen.

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