



VITAMIN B12 INFORMED CONSENT

Please ensure that you read this document thoroughly. If you have any questions regarding the procedure, please ask Kelly Woodwark, RN before signing this consent form.

THE TREATMENT

Vitamin B12 is deficient in many people due to a variety of factors:

- decreased absorption with aging
- gastric disorders
- vegetarian diet or a poor diet

Benefits of B12 injections include

- decreased stress and fatigue
- improved memory
- maintaining a good body weight

B12 assists in converting proteins, fats, and carbohydrates into energy. B12 is needed for healthy skin and eyes.

Many people who have autoimmune disorders, chronic inflammation and gastric disorders are unable to absorb Vitamin B12 from food or oral supplements.

Vitamin B12 will be injected into a muscle (usually the deltoid). The medication comes to peak effect within 1 hour



Interactions—Medications that decrease Vitamin B12 absorption:

Initial if taking any of the following:

- _____ **Aminosalicylic acid (Paser).** Taking this drug used to treat digestive problems might reduce your body's ability to absorb vitamin B-12.
- _____ **Colchicine (Colcrys, Mitigare, Gloperba).** Taking this anti-inflammatory drug used to prevent and treat gout attacks might decrease your body's ability to absorb vitamin B-12.
- _____ **Metformin (Glumetza, Fortamet, others).** Taking this diabetes drug might reduce your body's ability to absorb vitamin B-12.
- _____ **Proton pump inhibitors.** Taking omeprazole (Prilosec), lansoprazole (Prevacid) or other stomach acid-reducing drugs might decrease your body's ability to absorb vitamin B-12.
- _____ **Vitamin C (ascorbic acid) supplements.** Taking vitamin B-12 with vitamin C might reduce the available amount of vitamin B-12 in your body. To avoid this interaction, take vitamin C two or more hours after taking a vitamin B-12 supplement.

Do any of the following apply to you?

- | | |
|-----------------------------|------------------------------|
| ___ Fatigue | ___ Memory Loss/Alzhemers |
| ___ Low or depressed mood | ___ Sleep Disorders |
| ___ Pernicious Anemia | ___ Osteroperosis/Tendonitis |
| ___ Weight issues | ___ Asthma |
| ___ Heart Disease | ___ Allergies |
| ___ Diabetes | ___ Pregnant or trying |
| ___ IBS inflammatory bowels | ___ Numbness or Tingling |
| ___ Thyroid disorders | ___ Immunosuppression |



- Animal products are the primary source of B12, therefore vegetarians, especially vegans could be deficient in vitamin B12
- If you have chronic fatigue or anemia monthly injections of Vitamin B12 are preferred to oral
- Vitamin B12 works best when taken at regular intervals -Monthly
- With increasing age, the ability to absorb B12 decreases. Often the older population show a deficit in B12
- Vitamin B12 deficiency can lead to abnormal psychiatric and neurological symptoms. These include mood disturbances, muscle weakness, spasticity, ataxia (shaky movements and unsteady gait) hypotension, dementia, incontinence and psychoses

All Possible Benefits of B12

- ★ More energy, mental alertness, and stamina for everyday tasks
- ★ Healthier immune systems
- ★ Improves sleep
- ★ Increases metabolism, thereby aiding in weight loss
- ★ Reduces allergies, stress, and depression
- ★ Improves mood stabilization
- ★ Lessens the frequency and severity of migraines and headaches
- ★ Helps lower homocysteine levels in the blood, thereby reducing the probability of heart diseases and strokes

Contraindications and Cautions

Vitamin B12 is contraindicated in individuals with a known sensitivity to cobalt and/or Vitamin B12.

Duration of Therapy

The duration of therapy depends on whether the initial cause of the deficiency persists. Lifelong replacement is necessary for individuals with a condition that is not reversed (eg, gastric bypass surgery, autoantibodies to intrinsic factor/pernicious anemia). If the cause of the deficiency can be treated or eliminated (eg, excessively restrictive diet, drug-induced deficiency, reversible cause of malabsorption), supplementation can be discontinued after the deficiency is corrected.



SIDE EFFECTS

- Pain at the injection site
- Redness at the injection site
- Mild diarrhea
- Itching

Adverse Reactions

Vitamin B12 is a water-soluble vitamin that is excreted when stores are adequate. Rare cases of hypersensitivity or acneiform eruptions with vitamin B12 have been reported. Reports of serious adverse effects from administration or intake of greater-than-recommended doses have not been observed. In the absence of a clinical indication it is prudent to avoid B12 supplementation at levels significantly greater than the recommended daily allowance.

DECLARATION

I hereby certify that I have been fully informed of the nature and purpose of the procedure, expected outcome and possible complications. I understand that there can be no guarantee or assurance as to the final result that may be obtained. Duration of treatment is dependent on many factors. I have been given the opportunity to ask questions and hereby certify that I have read and fully understand the contents of this consent form. I accept the risks and complications of the procedure. I hereby release Kelly Woodwork RN from liability associated with this procedure. I certify that if I have any changes occur in my medical history, I will notify Evergreen Med-Aesthetics prior to any future treatments. This consent is valid for all future B12 injections

PLEASE SIGN YOUR FULL NAME BELOW IF YOU AGREE

Print Name

Signature

Date

Signature of Provider1