



Cyanocobalamin (vitamin B12)

What it does:

vitamin B12 is used by your bone marrow to assist red blood cells to mature. Without B12, red blood cells are large and pale and cannot carry oxygen to your tissues properly.

How to take it:

If you lack vitamin B12 in your diet, you will be given a supplement to take by mouth. Some people are unable to absorb vitamin B12 and must receive the supplement by injection into the muscle once a month or every 3 months.

Take this medication as prescribed by your doctor. If you are given injections, you need to bring these to your doctor’s office or clinic to receive the injections.

What to do if you miss a dose:

If you miss a dose, take the missed dose as soon as you remember. If you do not remember the missed dose until it is almost time for the next dose, just skip the missed dose. **DO NOT DOUBLE YOUR DOSE OR TRY TO “CATCH UP” BY TAKING EXTRA DOSES.**

Possible side effects:

Side effects are uncommon but high doses have been reported to cause mild transient diarrhea, itching, rash, feeling of swelling over body. Some soreness in the muscle the day or two after injection is common.

Relation to diet:

If you are unable to absorb the vitamin B12 you need from your diet, it is necessary that you have injections to supply this vitamin.



Use the space below to write down why you are taking this medication and other notes.
