



## Vitamin B12 Consultation Form

DATE: \_\_\_\_\_ Client Name: \_\_\_\_\_

Client address: \_\_\_\_\_ Town/City: \_\_\_\_\_

Post code: \_\_\_\_\_ Client contact details: Phone: \_\_\_\_\_

Email: \_\_\_\_\_ D.O.B. \_\_\_\_\_ Gender: male/female (please delete one)

### MEDICAL HISTORY & CURRENT MEDICAL CONDITIONS

- Are you currently in good health? YES/ NO o If NO, please give details \_\_\_\_\_
- Do you follow a healthy diet? YES / NO - Do you take regular exercise? YES / NO
- Does your diet include meat  fish  dairy
- Do you suffer from anaemia? YES / NO - Pernicious anaemia? YES / NO
- Heart concerns? YES / NO - High blood pressure? YES / NO
- History of cancer? YES / NO (please give details \_\_\_\_\_)
- Skin disorders? YES / NO (please give details \_\_\_\_\_)
- Genitourinary concerns? YES / NO - Gastrointestinal concerns? YES / NO
- Blood disorders? YES / NO - Low serum levels of potassium? YES / NO
- History of gout? YES / NO
- Are you currently taking any of the following? YES / NO

*If yes, please indicate which ones:* Angiotensin converting enzyme inhibitors / Aspirin / Alcohol / Antibiotics / Anti-seizure agents / Bile acid sequestrates / Chloramphenicol / Colchicine / H2 blockers / Metformin / Neomycin / Nicotine / Nitrous oxide / Oral contraceptives / Para-amino salicylic acid / Potassium chloride / Proton pump inhibitors / Tobacco / Vitamin C / Zidovudine (Retrovir)

- Are you currently under a specialist, hospital or doctor's care? YES / NO

o If YES, for what reason: \_\_\_\_\_

● It is not recommended to have B12 treatment if you are allergic to: cyanocobalamin or cobalt / or have Lieber's disease (vision loss) / Have cold or allergy symptoms that affect the nose (sinus congestion or sneezing) / Kidney or liver disease / Iron or folic acid deficiency / have any type of infection / are on any medication or treatments that affects bone marrow / are pregnant or plan on becoming pregnant: *your GP must advise if safe to take if you're pregnant or breastfeeding.*

- Has your GP given you a B12 deficiency blood test recently? YES / NO
- Is your GP aware of any symptoms diagnosing a B12 deficiency? YES / NO



**Side Effects:**

*In some circumstances vitamin B-12 can cause the following side effects: Restenosis (reoccurrence of narrowing of a blood vessel) after stent placement / High blood pressure / Acne / Rash / Itchy or burning skin / Pink or red skin discoloration / Facial flushing / Urine discoloration / Numbness / Nausea / Difficulty swallowing / Diarrhoea / Increase in blood volume and red blood cells / Low potassium levels / Gout flare-up.*

**VITAMIN B12 RESULTS:**

I am aware that that follow-up treatments will be needed to maintain the full effects. I am aware that the duration of treatment is dependent on many factors including but not limited to - age, sex, health conditions, my general health and lifestyle conditions. I have been instructed in and understand post-treatment instructions. I hereby voluntarily consent to treatment. The procedure(s) has been explained to me. I have read the above and understand it. My questions have been answered satisfactorily. I accept the risks and complication of the treatment. I certify that if any changes occur in my medical history, I will notify the practitioner. I have read this informed consent and certify that I understand its contents in full. I have had enough time to consider the information from my practitioner and feel that I am sufficiently advised to consent to this treatment. I hereby give my consent to this treatment and have been asked to sign this form after my discussion with the practitioner.

Client first name (PLEASE PRINT): \_\_\_\_\_ Client surname \_\_\_\_\_

Client signature: \_\_\_\_\_

**Statement** - please read: As part of the promotional activity (digital and/or print) we would like to use anonymously before & after photos of your treatment for use to promote this treatment.

>> Yes, I confirm – please sign here: \_\_\_\_\_

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**PRACTITIONER USE ONLY.** I confirm that I have fully informed the client about the risks and benefits of treatment with Vitamin B12 and I believe they understand all the information given. They have also been informed of alternative treatment for their presenting complaint.

Practitioner Name: \_\_\_\_\_ Practitioner Signature: \_\_\_\_\_

Date: \_\_\_\_\_



## ABOUT VITAMIN B12

The use of vitamin B12 will have a positive effect if you have been diagnosed with any of the following:

- Anaemia / Pernicious anaemia / Lethargy / Feeling faint / Tiredness
- It helps the body's nerve and blood cells healthy

Please note the use of vitamin B12 does not exclude you from seeking medical advice for any of the symptoms listed. Your GP is best placed to provide you with the most effective treatment.

- A Vitamin B12 injection has a positive effect against any of the listed vitamin B12-deficiency when administered regularly over a period of 3–6 months. It is recommended that you receive about six injections over a period of weeks to build up your body's vitamin B12 store.
- Your body's vitamin B12 store can then last for several months. It's normal to administer 3-monthly injections to replenish your vitamin B12 levels.
- If your symptoms do return prior to the end of the 3-month period, then you might have to be given another injection sooner than planned. This is a rare occurrence. We may suggest some further bloods tests with your GP. This very much depends on your clinical symptoms.
- If your diet is the reason for your lack of vitamin B12 (and it is not due to pernicious anaemia), then once you have been given your initial injections, your GP may follow up your treatment by integrating dietary supplements. Alternatively, twice-yearly injections may be suggested instead.
- If you do have pernicious anaemia, then you will require vitamin B12 injections for the rest of your life. There are usually no side effects from these vitamin B12 injections.
- To discuss a vitamin B12 deficiency, please contact your GP.

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## Other conditions relating to Vitamin B12

- Conditions affecting the stomach
  - Some stomach conditions or stomach operations can prevent the absorption of enough vitamin B12.
  - Conditions affecting the intestines ○ Some conditions that affect your intestines can also stop you from absorbing the necessary amount of vitamin B12. EG: Crohn's disease
  - Medication ○ Some types of medicine can lead to a reduction in the amount of vitamin B12 in your body.
  - Functional vitamin B12 deficiency
- Some people can experience problems related to a vitamin B12 deficiency, despite appearing to have normal levels of vitamin B12 in their blood.

Sign to Confirm you understand the above: \_\_\_\_\_ Date: \_\_\_\_\_