

Vitamin B12 and Vitamin C injections Aftercare

- A vitamin shot is safe and generally has no side effects, even in higher doses.
- Some redness and swelling at the injection site may occur. This should start to get better within 48 hours.
- In rare cases, vitamin shots can cause diarrhoea, peripheral vascular thrombosis, itching, transitory exanthema, urticaria, feelings of swelling of the whole body.
- Avoid any blood thinning medications.
- Avoid taking any additional B12 supplements or Vitamin C.
- Sensitivity to cobalt and/or cobalamin is a contraindication.
- People with chronic liver and/or kidney dysfunction should not take vitamin injections.
- Interactions with drugs: antibiotics, cobalt irradiation, colchicine, colestipol, H2-blockers, metformin, nicotine, potassium chloride, proton pump inhibitors such as Prevacid, Losec, Aciphex, Pantoloc and Zidovudine.

If you are experiencing problems or have any concerns, please contact us on 01707 662477.