

## Hydroxocobalamin/VITAMIN B12 intramuscular injection - prescription review tool

Clinical search to identify all patients prescribed **vit B12 IM preparation as** hydroxocobalamin 1mg/1ml solution for injection ampoules or cyanocobalamin 1mg/1ml solution for injection ampoules including generic and branded products (i.e. Cobalin-H, Neo-Cytamen, Cytamen) (on current repeat and acute Rx)

Check indication/diagnosis

## **Diet related vit B12 deficiency**



## **STOP IM vit B12 injection**



- > Check vit B12 replete
- > Provide dietary advice
- Advise prevention of deficiency with selfcare and over the counter supplements providing cyanocobalamin 50-150 microgram daily
- For chronic diet related vit B12 deficiency (i.e. strict vegans) may consider IM hydroxocobalamin 1mg twice a year
- > Consider referral to dietician

## Non-diet related vit B12 deficiency

- pernicious anaemia with positive Intrinsic Factor Antibodies
- post-gastrectomy
- post-bariatric surgery
- achlorhydria (absence of chloric acid in gastric secretions)
- pancreatic insufficiency
- short bowel syndrome
- bacterial overgrowth
- inflammatory bowel disease
- coeliac disease
- drug induced malabsorption due to:
- metformin
- cholestyramine
- - long term potassium replacement
- long term (over 2 years) PPI

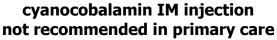


**CONTINUE IM vit B12 injection** 



During the COVID-19 pandemic, if IM injection of vit B12 cannot be safely provided or patient is in the shielding highest risk category, oral cyanocobalamin 1mg OD can be offered until regular IM hydroxocobalamin can be resumed.

Please annotate Rx "temporary oral **B12 replacement**" for easy identification post-pandemic.



check why initiated and document in clinical notes.

Please note BNF recommended dose for cyanocobalamin differs from standard replacement schedule with hydroxocobalamin