

B12:

Question & Answers on Penryn surgery postponing B12 injections.

Penryn surgery has decided to postpone all B12 injections. From the week commencing 6/4/20 we will not be booking appointments for B12 injections and we will be cancelling any pre-existing appointments.

We understand that this is going to cause great concern to some patients currently receiving B12 injections, please read the following information.

The reason why we are postponing B12 injections:

During the Covid epidemic it is important that we:

- Reduce unnecessary risk to patients- by coming to the surgery and being exposed to possible infection
- Reduce risk to staff
- Free up valuable staff time so that nurses can be redeployed to care for people with more immediate health concerns

In addition, there has been new research around B12 deficiency which we are looking into.

Frequently asked questions

Q: Do I not need to have a B12 injection every 3 months?

Once you have had initial B12 injections, a large amount of the B12 is then stored in your liver. Your body will have sufficient stores for at least 6 months.

Q: I'm at risk if I don't get them

A: Looking at what happened in China and now in Italy it is without doubt the biggest global threat we have faced since Spanish Flu of 1918. Whilst many fear not having their B12, it is clear that the threat of CV-19 far exceeds any benefit a patient may feel they obtain from their injections.

Q: What will happen after 6 months?

We are currently reviewing our practice B12 protocol. Scientists have been looking into B12 deficiency in the last few years and have found that in almost all cases, oral B12 tablets are as good as, and sometimes better than injections at replacing B12. We are looking into further research around this during the epidemic and will be producing more details on future plans.

Q: I need to have the injection as I have been told I can not absorb B12 from the stomach or bowel.

Research has shown that even people who have pernicious anaemia, gastrointestinal problems, or previous bowel surgery can absorb B12 tablets when they are given at high enough dose, through a process of passive absorption.

Q: Shall I start B12 tablets now then?

As explained above, you have adequate B12 stores to last you for at least 6 months. However, during the coming months, it would be worth looking into purchasing B12 replacement tablets. We would recommend you look into getting 1mg tablets (1000ug) to take daily. You can buy B12 tablets in Holland and Barrett, online from Day Lewis, or you can buy an annual supply from Amazon for less than 15 pounds.

This is a link to one of the options on Amazon, but there are many:

https://www.amazon.co.uk/Vitamin-1000mcg-Premium-Certified-Strength/dp/B07MCYCQKZ/ref=sr_1_7?crid=3UB5S82U3HR4A&dclid=1&keywords=cyanocobalamin+b12+1000mcg&qid=1585911956&srefix=cyanoco%2Caps%2C365&sr=8-7

