

B12

Thank you for coming for your blood test. We have found your blood B12 levels to be low.

A lack of vitamin B12 is a common cause of anaemia, usually caused by a condition where vitamin B12 cannot be absorbed into your body. It is a common cause for anaemia in the UK.

Vitamin B12 is needed to make healthy red blood cells to carry food and oxygen around your body.

Vitamin B12 is found in meat, fish, eggs, and milk - but not in fruit or vegetables. A normal balanced diet contains enough vitamin B12.

A lack of b12 can cause:

Common symptoms include: tiredness, lethargy, feeling faint, becoming easily breathless.

Rare symptoms include: problems with nerves can develop such as numbness, pins and needles, vision changes and unsteadiness.

You may look pale.

What is the treatment for vitamin B12 deficiency?

Although a small proportion of people can have oral supplements, you are likely to need vitamin B12 injections. Normally, about six injections are given at first over a period of weeks. Once a store of vitamin B12 is built up, this can supply the body's needs for several months. An injection is then only usually needed every three months to top up the supply.

If you have pernicious anaemia the injections are needed for life. You should have no side-effects from the treatment as it is simply replacing a vitamin that you need.

We would be grateful if you could book an appointment with the practice nurse for your initial injection.