During the Covid-19 pandemic it is not possible for us to provide these injections to our patient due to the risk of infection to both patients and staff.

Research and advice from the British Society of Haematology is that patients receiving 3 monthly injections for B12 can safely switch to oral supplementation of B12 at a daily dose of 1mg (this may also me written as 1000mcg or µg). These tablets are sufficient to maintain a normal level of vitamin B12. When you commenced your treatment most patients will have had a loading dose of medication where injections are given regularly over a 2-3 week period before being given every 3 months. The 3 monthly injections are merely to maintain your now normal vitamin B12 levels hence why this switch is sufficient and safe.

A diet rich in B12 can also correct a previously low B12 level. A Good sources of vitamin B12 include Eggs, meat, milk and other dairy products and fish (salmon and cod). Foods which have been fortified with vitamin B12 (for example some soy products, and some breakfast cereals and breads) are good alternative sources.

A low B12 level will usually be due to either a dietary deficiency or that at a certain point in time you have not been absorbing B12 well. Historically this was poorly understood and some people have been on long term B12 injections when they may not be required.

There are a very small minority of our patients receiving vitamin B12 injections that will need to continue to do so. These patients are those that have had surgery resulting in sections of their stomach or bowel removed. These patient’s will have been contacted by our nursing staff but if you feel that you fall into this category and have not spoken to our nurses please contact the surgery.

Unfortunately we are unable to prescribe these supplements based on the guidance of NHS Wales and the Betsi Cadwalader Health Board. We would therefore ask that you purchase vitamin B12 supplements either via a local store or reputable online retailer. You will require to purchase supplements at a dose of 1000mcg/µg (1mg) and take these once daily. The approx. cost of this is £15 for a whole year supply.

This current change in practice is derived based on current guidance and supported by NHS Wales and our Local Health Board.