

How to Self Inject B12 shots

1. Gather your materials. Prepare a home treatment area on a clean counter of your home or space. You will need:

- Prescribed vitamin B12 solution.
- A covered clean needle and syringe.
- Cotton balls.
- Rubbing alcohol.
- Small band aids.
- A puncture-proof container (Milk carton, or coffee can) to dispose of the used needle.

2. Clean the injection area. Make sure the chosen injection site is uncovered and the person's bare skin is exposed. Then, dip a cotton ball in the rubbing alcohol. Clean the person's skin using the cotton ball in a circular motion.^[12]

- Allow the site to dry.
- **The thigh:** This is the most common site used by people who are self-administering the injections, or giving an injection to an infant or a small child. It's a good spot because of the high amount of fat and muscle under the skin of your thigh. The target muscle, vastus lateralis, is halfway between your groin and your knee, about 6–8 inches from the crease of your leg.
- **The outer hip:** This site, located on side of your body below your hip bone, is good for young people and adults. Most professionals advise using this area as there are no major blood vessels or nerves that could be punctured due to the injection.

3. Clean the surface of the B12 solution. Use a new cotton ball, dipped in rubbing alcohol, to wipe the surface of the container with the B12 solution.^[13]

- Let this dry.

4. Turn the solution container upside down. Remove the clean needle from the package and take off the safety cover on the needle.

5. Pull the syringe back to the desired amount for the injection. Then, insert it into the vial. Push the air out of the syringe by pushing the plunger, and then slowly pull back on the plunger, until the syringe fills to the required amount.

- Tap the syringe lightly with your finger to remove any air bubbles in the syringe.

6. Remove the needle from the vial. Give a slight push on the syringe to dispel a tiny amount of the vitamin B12 supplement to ensure the air is out of the syringe.

7. Administer the injection. Use the thumb and forefinger of your free hand to hold the skin of the injection site taut. No matter where the chosen injection is located on the person's body, the skin should be smooth and tight to make it easier to administer the supplement.

- Let the person know you are going to inject the supplement. Then, inject the needle into their skin at a right angle. Hold the needle steady and push down the plunger slowly until all of the supplement is inserted.
- Once the needle is inserted, pull the plunger back a little to check that there is no blood in the syringe. If there is no blood, inject the supplement.
- Try to inject into relaxed muscles. If the person appears nervous or tense, tell them to keep their weight on the leg or arm you are not injecting into. This will help them keep the muscles by the injection site relaxed.
- If you are injecting the vitamin B12 into yourself, use your free hand to hold the skin of the injection site taut. Relax your muscles and inject the needle at a right angle. Check that there is no blood in the syringe and then inject the rest of the supplement if there is no blood.

8. Let go of the skin and remove the needle. Make sure you remove it at the same angle of insertion. Use a cotton ball to stop any bleeding and to clean the injection site.

- Wipe the injection site in a circular motion.
- Apply a band-aid to the site to keep the area protected.

9. Dispose of the needle properly. Do not throw used needles into your regular garbage. You can ask your doctor or pharmacist for a puncture proof disposal container, such as a sharps container, or make your own container.

- Use a coffee can and duct tape a lid on to it. Cut a slit in the lid that is wide enough for needles to fit through. Label the can. Once the can is full, take it to your doctor's office for proper removal, or look into a biohazardous waste disposal service.

- You can also use a thick plastic detergent bottle to store used needles (make sure this is labeled to reflect that it is now full of used needles, not detergent).

<http://www.wikihow.com/Give-a-B12-Injection>

<https://youtu.be/YUTMRYIA3DI>

<https://youtu.be/dYWmLP8OCKE>

What Are The Benefits Of Vitamin B12 Injections?

- Increased energy and metabolism
- Enhanced neurological health
- Minimized seasonal and environmental allergies
- Decreased irritability (PMS, hormonal imbalances)
- Improved athletic endurance
- Enhanced vascular health
- Helps stabilize symptoms associated with depression, anxiety and mood disorders
- May benefit patients with nervous system or endocrine disorders, such as MS, diabetes, seizures, restless leg syndrome, thyroid disorders, and adrenal fatigue.

Why Do I Need Vitamin B12?

The human body needs vitamin B12 to make red blood cells, nerves, DNA and to carry out many essential functions., B12 can't be made by our body. Instead, it must be obtained from food or supplements. And therein lies the problem: Some people don't consume enough vitamin B12 to meet their needs, while others can't absorb enough, no matter how much they take in. As a result, vitamin B12 deficiency is relatively common, especially among older people.

Why Are Vitamin B12 Injections So Important Today?

The majority of people who are Vitamin B12 deficient eat plentiful amounts of food containing Vitamin B12, but their bodies can't absorb or use it. Given the enormous increase of digestive issues and daily stressors (alcohol, environmental pollutants, aging, medications) it's not a surprise that so many of us are low in this essential vitamin. Other than from our diet, Vitamin B12 can be obtained through Vitamin B12 oral supplements and injections.

Who Is Most Likely To Have Low Vitamin B12 Levels

Vegetarians, vegans, people 50 years old and older, people who drink alcohol, people with digestive issues, anyone regularly taking medications known to affect Vitamin B12 absorption such as Prilosec and Tums (ask for a complete list for more info), anyone who recently had surgery or dental procedures using nitrous oxide (which inactivates Vitamin

B12 in the body). Vitamin B12 is safe pregnant women and anyone receiving chemotherapy and radiation.

What Are The Symptoms Of A Vitamin B12 Deficiency?

Fatigue, nerve pain (shingles, herpes), sleep disturbances, moodiness, cognitive decline, and tremors. Systems affected by B12 deficiency: Neurological; Hematologic; Immunologic; Vascular; Gastrointestinal; Musculoskeletal; Genitourinary.

What Is Vitamin B12?

Vitamin B12 is an essential vitamin that is water-soluble and not produced in the body. Vitamin B12 must come from your diet; your body does not make it. In order to utilize Vitamin B12; it must be absorbed in the lower intestines with the help of intrinsic factor, a substance secreted by the stomach.

What Foods Are Vitamin B12 Found In?

Large amounts are found in liver, beef, salmon, trout, tuna, sardines and clams. Smaller amounts are available in eggs, yogurt, cheese and cereal products fortified with Vitamin B12.

How Much Vitamin B12 Do I Need?

Everyone's optimal level of Vitamin B12, obtained through a blood test, is unique. On average, the value of > 600 pg/ml is sufficient, but Naturopathic Doctors prefer > 900 pg/ml for optimal wellness.

If You Take Daily Vitamin B12 Supplements Are Vitamin B12 Injections Still Beneficial?

Absolutely. Injections bypass the digestive tract and can cross the blood-brain barrier. As a result, injectable Vitamin B12 has a more direct route to the cells, is readily metabolized, and you feel the benefits more quickly!

How Long Are Vitamin B12 Injections Needed?

Typically, we recommend getting three injections within 3-4 weeks or 10 injections within 12 weeks. At the end of this cycle, review with your healthcare professional the improvements in your health, your overall health goals and determine an appropriate schedule for future injections. Once again, everyone's health needs are unique. Five injections in 6-7 weeks might benefit one patient, while another needs more doses over a longer period.

Are Vitamin B12 Injections Safe For Kids?

Yes, they are water soluble, so we're not concerned about toxicity. And there is an emerging body of literature that supports using Vitamin B12 with children on the autism spectrum.

Are There Side Effects From Vitamin B12 Injections?

Slight bruising and or soreness at the injection site can occur. There are no known toxic effects when administered at appropriate levels. Allergic reactions can happen with any intramuscular injections. Naturopathic Doctors, who administer and oversee Vitamin B12 injections at Got Vitamin B12, are trained and prepared to treat any reaction.

Can I Get Labs To Measure My Vitamin B12 Level? Yes, we recommend measuring Vitamin B12, homocysteine, and MMA to determine the most accurate level of Vitamin B12 in your body. Homocysteine is an amino acid and breakdown product of protein metabolism. When present in high concentrations, as determined by a blood test, it has been linked to an increased risk of heart attack and stroke. Methylmalonic Acid (MMA) is a compound that reacts with Vitamin B12 to create energy. It's the most accurate test known to measure Vitamin B12 levels.