



## B12 Injections Informed Consent

**Name:** \_\_\_\_\_ **Date** \_\_\_\_\_

Vitamin B-12 helps maintain good health and has been shown to be beneficial in helping to: Reduce stress, fatigue, improve memory, and cardiovascular health, and maintain a good body weight. It can also assist the body in converting proteins, fats and carbohydrates into energy and is necessary for healthy skin and eyes.

B-12 Injections are better absorbed by the body since they go directly into the blood stream. Alternatives to B-12 injections are Oral Vitamins, B-12 patch, Lozenges, Liquid drops and Nasal Spray.

B-12 Injection common side effects include but are not limited to:

\_\_\_\_ **(Initial Here)** Risks: I understand there is risk of mild diarrhea, upset stomach, nausea, a feeling of pain and a warm sensation at the site of injection, a feeling, or sense, of being swollen over the entire body, headache and joint pain.

\_\_\_\_ **(Initial Here)** If any of these side effects become severe or troublesome, I will contact my physician immediately.

\_\_\_\_ **(Initial Here)** I understand that although rare, Vitamin B-12 injections can result in serious side effects. Although this is a relatively rare occurrence, anyone taking vitamin B-12 injections should be aware of the possibility. Uncommon side effects are much more serious than the common side effects of B-12 injections, and such side effects should be reported to a physician to be evaluated for seriousness.

**Uncommon side effects include:**

Rapid Heart Beat	Chest Tightness	Difficulty breathing or swallowing
Chest Pain	Confusion	Muscle Cramps and Weakness
Flushed Face	Dizziness	Shortness of Breath when there is no physical exertion unusual wheezing and coughing
Rapid Weight Gain	Hives, Skin Rashes	

\_\_\_\_ **(Initial Here)** Before starting Vitamin B-12 injections I will make sure to tell my Physician if I am pregnant, lactating or have any of the following conditions.

Lebers Disease	Folic Acid Deficiency
Kidney Disease	Any Bone Marrow Treatment
Liver Disease	Any Bone Marrow Medication
An Infection	Allergy to cobalt or any other medication, Vitamin, dye, food, or preservative.
Iron Deficiency	

\_\_\_\_ **(Initial Here)** I understand that certain herbal products, vitamins, minerals, nutritional supplements, prescription and non-prescription medications may result in side effects when they interact with the B 12 Injection.

\_\_\_\_ **(Initial Here)** Treatments: Can be once a month, once a week, or Twice a week, and will be determined by the provider.

\_\_\_\_ **(Initial Here)** I understand and agree that all services rendered to me are charged directly to me and that I am personally responsible for payment. I further agree in the event of non-payment, to bear the cost of collection, and/ or Court cost and reasonable legal fees, should this be required.

By signing below, I acknowledge that I have read the foregoing informed consent and agree to the treatment with its associated risks. I hereby give consent to perform this and all subsequent B12 Injections with the above understood. I hereby release the doctor, the person injecting the B12 and the facility from liability associated with this procedure.

**Patient Signature** \_\_\_\_\_