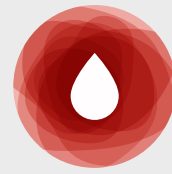


How to Self-Inject Vitamin B12 Subcutaneously



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Iron and B12

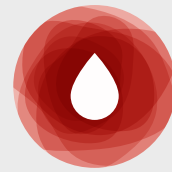
You will need:

- A Clean Tea Towel/Kitchen Towel
- Needle and Syringe
- Vitamin B12 Ampoule
- Alcohol Wipes
- Sharps Bin

Preparing the injection

1. Clean the surface with soap and water or spray with an antibacterial cleaner then rinse and dry the surface thoroughly.
2. Wash your hands with soap and water for 20 seconds and dry them on a clean towel.
3. Lay out all the items listed above on the clean surface then wash your hands again and dry.
4. Check the dates on the vitamin B12 ampoule, the needle and syringe to ensure they are in date and that the needle and syringe are fully sealed.
5. Open your needle and syringe packet. If they are separate pull the syringe from its packet, then open the needle packet and insert the syringe in place into the needle fixing, so that the plunger handle is at right angles to the tip of the needle (the needle is cut at an acute angle at the tip). Leave the cap on the end of the needle and syringe and place on the cleaned surface.
6. Next clean the ampoule with an alcohol wipe.
7. Hold the ampoule upright and flick to get all the liquid into the body of the ampoule. With the ampoule still upright, cover with a clean tea towel/kitchen towel (alternatively you can use an ampoule breaker) and, using both hands, hold the ampoule either side of the bottle neck between your fingers and thumbs. With your thumbs facing you, snap the top off by holding the bottom section of the ampoule still and pulling the top downwards, so bringing your thumbs together. Take care not to spill any of the liquid when breaking open and place the ampoule safely in an upright position on the cleaned surface.
8. Take the cap off the needle and syringe by holding the plunger in one hand and the cap in the other and pulling apart; avoid the needle touching anything as you do so. If the needle touches anything, throw it away and start again.
9. Hold the ampoule in one hand and the needle and syringe in the other hand. Tip the ampoule on a slight angle to one side, without spilling the liquid, and slowly draw the liquid up by placing the needle tip into the liquid and using the top of your index finger or thumb to push the plunger upwards. Gently continue tipping the neck of the bottle further forward, and ensuring the needle tip remains in the liquid, draw up as much liquid as possible. Do not worry if you get air in the syringe or if you can't extract all the liquid from the ampoule.
10. Hold the syringe with the needle pointing upwards and pull the plunger down slightly to pull back into the syringe any liquid remaining in the needle.
11. Flick the syringe to get all the air bubbles to the top and then slowly push up the plunger getting all the air out until a tiny drop of liquid comes out of the needle top. Place the cap back onto the needle. Don't worry if you leave a small air bubble in the syringe

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Injecting the Vitamin B12

1. Identify the site where you wish to inject. If injecting in the lower abdomen, rotate your injections in a circle around your tummy button, approximately 4 to 5cm (1 ½ to 2 inches) away from the tummy button. You can mark the site with the injection cap if you wish by pushing it into the skin for a moment. Clean the area with a 70% alcohol wipe in a circular motion.
2. Let the skin dry for a few seconds, then using one hand pinch the skin either side of the injection site between your thumb and index finger. The thumb and index finger should be approximately 4cm (1 ½ inches) apart.
3. Hold the syringe with your other hand between your thumb and middle fingers, leaving your index finger free to push in the plunger.
4. Push the needle into the skin at a 45-degree angle and approximately 1cm into the skin. Do this as quickly and smoothly as possible but without force. I find this easiest to do with the pointed tip of the needle undermost.
5. Slowly inject all the B12 liquid, count to 5, then letting go of the pinched skin pull the needle out at the same angle that it went in.
6. Take the wrapping off the plaster, place over the injection site and gently massage the site.
7. Throw the needle in the sharps bin.
8. Take your folate tablet if prescribed.