Apart from individuals with Pernicious Anaemia or for those individuals currently receiving a loading dose of Vitamin B12 any routine Vitamin B12 injections due in the next 3 month period should be deferred until the next due date unless patients report symptoms of B12 deficiency.

During the hiatus individuals should be given dietary advice about foods that are a good source of vitamin B12 e.g. eggs, milk and other dairy products, meat, salmon, cod and foods such as breakfast cereal or bread which have been fortified with vitamin B12.

Given that cyanocobalamin tablets are poorly absorbed they should not be used as a substitute for the intramuscular injection.

Cyanocobalamin tablets remain BLACK traffic light and should NOT be prescribed.

For further information, please contact the Medicines Management Teams on 01282 644801 (EL CCG) or 01254 282087 (BwD CCG)