



GP Suite
Cannock Chase Hospital, Cannock
WS11 5XY
Telephone: 01543 222 017
E-mail: gp.suite@nhs.net
Website: www.drrasibandpartners.nhs.uk

B12 Self Administration Frequently Asked Questions

A compilation of FAQ's can be found below which should answer most queries in relation to self-administering B12 injections. If you have a query that has not been answered please contact the surgery so we can provide assistance.

Why is the surgery offering self-administration of B12 injections?

The surgery recognises that attending for injections may be problematic for some patients, this may be due to work or family commitments, transport or mobility issues.

Can someone else do the injection for me?

Yes, a family member/ carer / friend can administer the injection for you if you are happy for them to do so and they feel confident to do this.

Will training be provided?

Training will be provided via an appointment before any patient can begin self-administering B12. This will most likely be with one of the nursing team. You will be shown how to draw up the medication and inject it safely. A written guide and video have also been produced to support patients.

Then what happens?

Following the training if you are happy to self-inject going forward you will be asked to sign a disclaimer stating that you accept responsibility for your medications and the safe administration and disposal of sharps.

Where do I give the injection?

B12 injections can be administered into the arm or thigh. If someone else is giving the injection on your behalf this is likely to be in the arm, as if you were attending the surgery. If you are self-administering B12 this is easier in the thigh. This can be discussed when you attend your training appointment.

What are the side effects?

Just as if you were attending the surgery the side effects remain similar. You may experience redness, soreness or a lump around the injection site. You may feel some discomfort when the medication is injected (it is advised to do this slowly).

Will I have to pay for my prescription?

Unless you are exempt from paying prescription charges then prescription charges will apply for the B12 ampule and sharps container. If you have a pre-payment certificate this can be used.

How many B12 injections will I get in my prescription?

A prescription will be sent for 1 ampule of medication. This is to monitor compliance initially, following a period this may be increased at the GP's discretion.

What happens if I lose the medication?

It is important you keep the medication safe, if a further prescription is required this be supplied at the GP's discretion and will be subject to a further prescription charge if you pay for prescriptions.

How do I order my next B12 injection?

You should order your next B12 injection through patient access or the NHS app up to 1 week in advance to allow time for the pharmacy to process the prescription.

Why do I need a sharps container?

A sharps container is essential to store used sharps (needles, syringes, medication ampules) to ensure they do not cause injury to yourself or others.

What do I do with my sharps container?

Your sharps container will need to be stored somewhere safe at home, out of reach of animals and children. The sharps container should not need to be replaced often, only when the fill line is reached. When full the sharps container should be locked and returned to the surgery so it can be disposed of safely.

Where do I get the needles and syringes?

These can be purchased online without a prescription. This is normally the most cost-effective way; Amazon have a good stock (please see links below). If you have any problems purchasing equipment please contact the Practice for advice.

<https://www.amazon.co.uk/Ciringe-M1C127-0P-Syringe-Pack-100/dp/B007KN78AA?th=1>

https://www.amazon.co.uk/21G-0-98IN-Stainless-Dispensing-Accessories-Individually/dp/B09BVZMPFB/ref=pd_bxgy_thbs_d_sccl_1/259-3610298-2821704?pd_rd_w=PU9ld&content-id=amzn1.sym.46f507f3-7fc1-4bf4-9492-ed026d6e4f68&pf_rd_p=46f507f3-7fc1-4bf4-9492-ed026d6e4f68&pf_rd_r=025JFBD6Y3PD0YG6TD2Q&pd_rd_wg=cNiM1&pd_rd_r=423c4e5b-ee42-483d-8ebd-d707495f3a83&pd_rd_i=B09BVZMPFB&th=1

https://www.amazon.co.uk/Dispensing-Accessories-Stainless-Industrial-Needles/dp/B09P3S44S6/ref=pd_bxgy_thbs_d_sccl_1/259-3610298-2821704?pd_rd_w=AXK0l&content-id=amzn1.sym.46f507f3-7fc1-4bf4-9492-ed026d6e4f68&pf_rd_p=46f507f3-7fc1-4bf4-9492-

[ed026d6e4f68&pf_rd_r=7MHEPF2YA40NNXEGHHWP&pd_rd_wg=kcqYN&pd_rd_r=a60553c4-0636-4e8c-b027-647601c9b4cf&pd_rd_i=B09P3S44S6&th=1](#)

What if I change my mind about self-administration?

You are able to return to the surgery at any time for us to resume administration of your injections, you should bring any remaining B12 medication and your closed sharps container back to the surgery.