



B12/Lipo-B12 Injection Before and After Care

Prior to the B12/Lipo-B12 Injection, please observe the following:

- If you are taking a blood thinner, aspirin or any other medication that you have the propensity to bleed easily while on, please tell your technician. If you are under a physician's care and need to discontinue your medication for a few days, always ask your physician prior to each treatment.
- To ensure that you are adequately hydrated prior to your treatment please remember to drink 8-10 8oz glasses of water the day before your treatment and approximately 16 oz of water at least 2 hours prior to your treatment.
- Eat a meal or light snack prior to treatment.

After-care instructions for B12/Lipo-B12 Injections:

- Side effects can occur but are often very mild. The most common symptoms are: pain/redness or itching at the injection site & mild diarrhea. These side effects will pass as time goes by. Itching or a feeling of swelling all over the body may occur. If any of these effects persist or worsen, tell your doctor promptly.
- This treatment may cause low potassium levels in the blood (hypokalemia). Tell your doctor immediately if any of these unlikely but serious side effects occur: muscle cramps, weakness, irregular heartbeat.

If you are concerned about any reaction, please call XO Betty and contact your healthcare provider immediately.