**Guidance on stopping vitamin B12 patients during the Covid pandemic**

CHFT Haematologist Dr Oo has approved the following guidance:

* Continue injections for patients with megaloblastic anaemia, neurological symptoms, poor absorption such as previous partial gastrectomy, pernicious anaemia  (these will be routine essential injections)
* For other patients (not in higher risk group above) who have been on long term vitamin B12 the options are:
  + - Extend interval between injections longer than 3 months

**Or**

* + - Vitamin B12 150mcg a day
* New patients (not in high risk group above) vitamin B12 1mg oral per day. Note these are unlicensed products and will be food supplement not medicinal grade. Encourage patients to buy themselves as cost is likely to be high on prescription and is not fixed. May need prescribing for vulnerable patients. Pharmacies will not have in stock so will need to be ordered in.

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