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B12 Self Injection Instructions

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Important notice: This educational material is only for the patients of Dr. Cheikin. Serious injury or death can occur without proper implementation and monitoring.

Items Needed

- 1) Vial (keep in refrigerator between uses; solution is normally red in color)
- 2) Syringe
- 3) Tissue
- 4) Alcohol swab (optional)

Wash Hands

Prepare vial

- 1) First time only-Pull off metal tab on top to reveal membrane
- 2) Wiping with alcohol is optional
- 3) Keep in refrigerator, membrane covered

Prepare syringe

- 1) Clean top of bottle w alcohol swab (optional)
- 2) Take two caps off ends of syringe (if present)
- 3) Pull back on syringe to break seal
- 4) Pull back to 50 to fill syringe with air
- 5) Insert needle into top of bottle
- 6) Turn upside down so liquid is touching needle
- 7) STEPS 8-10 ARE WITH THE BOTTLE UPSIDE DOWN
- 8) Push in air all the way, then draw back liquid to 45
- 9) Tap syringe to get any bubbles to top
- 10) Push air and liquid out of syringe to 40 mark
- 11) Invert to bottle facing up and take needle out of bottle
- 12) Use tissue to blot away any B12 on tip of syringe

Body

- 1) "Pinch an inch" of skin on abdomen or thigh
- 2) Insert needle at 45 degree angle
- 3) Pull back plunger to make sure you're not in a vein(SHOULD get vacuum)
- 4) Push steadily in (takes 2-3 seconds)
- 5) Cover site with tissue as you pull out needle
- 6) Rub into body, dab any excess on skin

Disposal of needle(s)

Check local regulations. In some townships, you can use an old detergent container, close top and tape shut. Write "not for recycle" on container.