



## CONSENT FOR TREATMENT

### Vitamin Injections

#### PURPOSE AND BACKGROUND

As a patient of Nourished MedSpa and Wellness Center, I have requested vitamin injection(s). Vitamin injections are typically used as a treatment for a certain type of deficiency, i.e., B-12 for anemia (pernicious anemia). In this type of anemia, people lack intrinsic factor in the stomach which is necessary for the absorption of the vitamin. Vegetarians (especially vegans) are also given shots of B12 since their diet is low in animal products, the primary source of B12. People with chronic fatigue or anemia require weekly to monthly injections of vitamin B12 usually because the oral form is not dependable. Vitamin B12 shots are most effective when taken at regular intervals (usually weekly or monthly). I realize that a regular schedule to receive the injections can be customized to each individual. The body's ability to absorb vitamin B12 is reduced with increasing age. Older people are often detected to have a more potent vitamin B12 deficiency, even in cases where they do not suffer from pernicious anemia. Deficiency of vitamin B12 can lead to abnormal neurologic and psychiatric symptoms including ataxia (shaky movements and unsteady gait), muscle weakness, spasticity, incontinence, hypotension, vision problems, dementia, psychoses, and mood disturbances. Examples of other vitamin injections include Vitamin D, MIC, and Vitamin C. Vitamin C is rich in antioxidants that help getting rid of the harmful effects of free radicals in the body. It is vital for bone and teeth health, improves vision and regulates blood cholesterol levels. Vitamin D isn't technically a vitamin at all. It's a fat-soluble hormone that the body produces. This is accomplished by turning the sun's rays into vitamin D as they pass through the skin. MIC injections are typically used as an adjunct to weight loss regimen. I understand that the role of Methionine is to process and help the liver eliminate fat; Inositol is a cofactor in helping the liver break down the fats and clear them in the stool; Choline aids in fat metabolism and may also provide an energy boost.

#### PROCEDURE

An intramuscular (IM) injection is a shot of medicine given into a muscle. There are 4 main sites that can be used for IM injections. If many injections need to be given, injections should be given in different sites (*rotated*) each time. An injection should be separated from the previous site by 1 inch (2.5 cm). The ideal site depends on age, size, and amount of medicine in the injection.

#### RISKS AND COMPLICATIONS

- A vitamin shot is safe and generally has no side effects, even in higher doses
- Some redness and swelling at the injection site may occur. This should start to get better within forty-eight (48) hours.
- In rare cases, there can be diarrhea, peripheral vascular thrombosis, itching, transitory exanthema, urticaria, feelings of swelling of the whole body.
- Sensitivity to cobalt and/or cobalamin is a contraindication to B-12.
- People with chronic liver and/or kidney dysfunction should not take frequent B12 or MIC injections
- Interactions with drugs: Chloramphenicol can impede on the red blood cell producing properties of B12. Other drugs that decrease or reduce absorption of B12: antibiotics, cobalt irradiation, colchicine, colestipol, H2-blockers, metformin, nicotine, birth control pills, potassium chloride, proton pump inhibitors such as Prevacid, Losec, Aciphex, Pantoloc, and Zidovudine.
- B12 is contraindicated in Leber's disease, a hereditary optic nerve atrophic condition
- At high oral doses, the most common complaints of Vitamin C are diarrhea, nausea, abdominal cramps and other gastrointestinal disturbances due to the osmotic effect of unabsorbed Vitamin C in the GI tract. Injected and intravenous Vitamin C has not been shown to have these side effects. There have been case reports of kidney stones from intravenous vitamin C infusions.
- An MIC shot is safe and generally has no side effects, even in higher doses
- Some redness and swelling at the injection site may occur. This should start to get better within forty-eight (48) hours.
- In rare cases, MIC can cause diarrhea, itching, transitory exanthema, urticaria, feelings of swelling of the whole body.
- People with chronic liver and/or kidney dysfunction should not take frequent MIC injections

#### BENEFITS

- More energy, mental alertness and stamina for everyday tasks
- Healthier immune systems
- Improves sleep
- Increases metabolism, thereby aiding in weight loss





## PRE-TREATMENT INSTRUCTIONS

### Vitamin Injections

- Be aware that **aspirin**, aspirin-containing medications (ie: Motrin), fish oil, flax seed, high doses of Vitamin A or E, Ginko Biloba, or Garlic may cause undue bleeding which may result in bruising. If you wish to minimize the risk of bleeding be advised that we recommend you avoid these substances for a minimum of **three days** prior to injection.
- Eat a meal or light snack prior to treatment. Notify clinician if you have a needle phobia, prior to treatment. This allows the clinician to take the appropriate precautions to ensure your treatment is as comfortable as possible.
- Optimal results are achieved with clients who continue treatments routinely. Frequency will depend on your individual needs/goals as well as your medical history.
- It is normal for the injection site to burn for just a few minutes immediately or shortly after the injection. This will dissipate once the muscle is used and the product diffuses into the muscle.
- Please call to reschedule if you experience flu-like symptoms or a respiratory infection the day prior to treatment. Also call to reschedule if you notice any type of skin condition on the area to be treated.

*Please contact our office at 903-357-5108 with any questions or concerns.*



## POST-TREATMENT INSTRUCTIONS

### Vitamin Injections

1. Effects will start to be apparent within several hours to days after treatment.
2. 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.
3. Itching or a feeling of swelling all over the body may occur. If any of these effects persist or worsen, notify Dr. Carter promptly. Many people using this medication do not have serious side effects.
4. Notify Dr. Carter immediately if any of these unlikely but serious side effects occur: muscle cramps, weakness, irregular heartbeat.
5. People who have a rare blood disorder (polycythemia vera) may infrequently have symptoms related to this disorder while taking (B12 injections) cyanocobalamin. Seek immediate medical attention if any of these rare but very serious symptoms occur: chest pain (especially with shortness of breath), weakness on one side of the body, sudden vision changes, slurred speech.
6. Optimal results are achieved with clients who continue treatments routinely. Most patients will receive injections every 2-4 weeks.
7. Inform our office immediately if a reaction has occurred. If immediate care is needed, call Dr. Carter, proceed to the nearest emergency room, or call 911.

*Please contact our office at 903-357-5108 with any questions or concerns. If you have an emergency or urgent pressing clinical issue, call Dr. Carter at 903-818-3467.*

Please make an appointment for follow-up and reassessment in 4 weeks.

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**Patient Name (please print)**

**Patient Signature**

**Date**