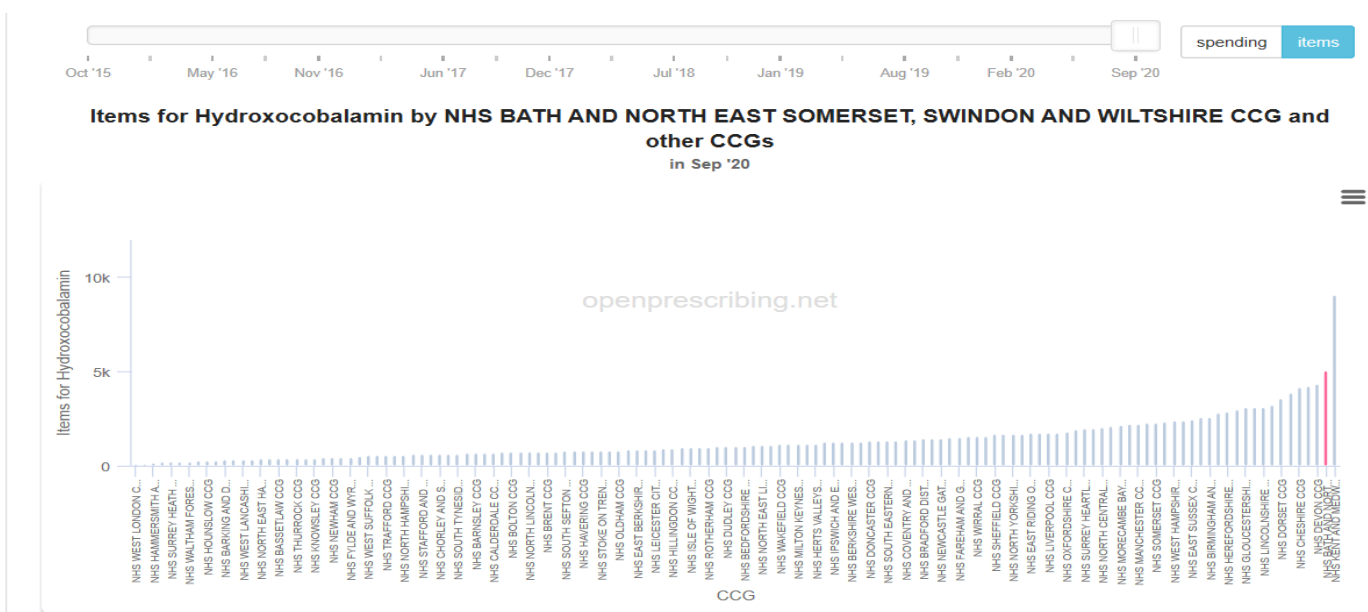


Resources to Support Review of Hydroxocobalamin Prescribing

Vitamin B12 – Primary Care Information

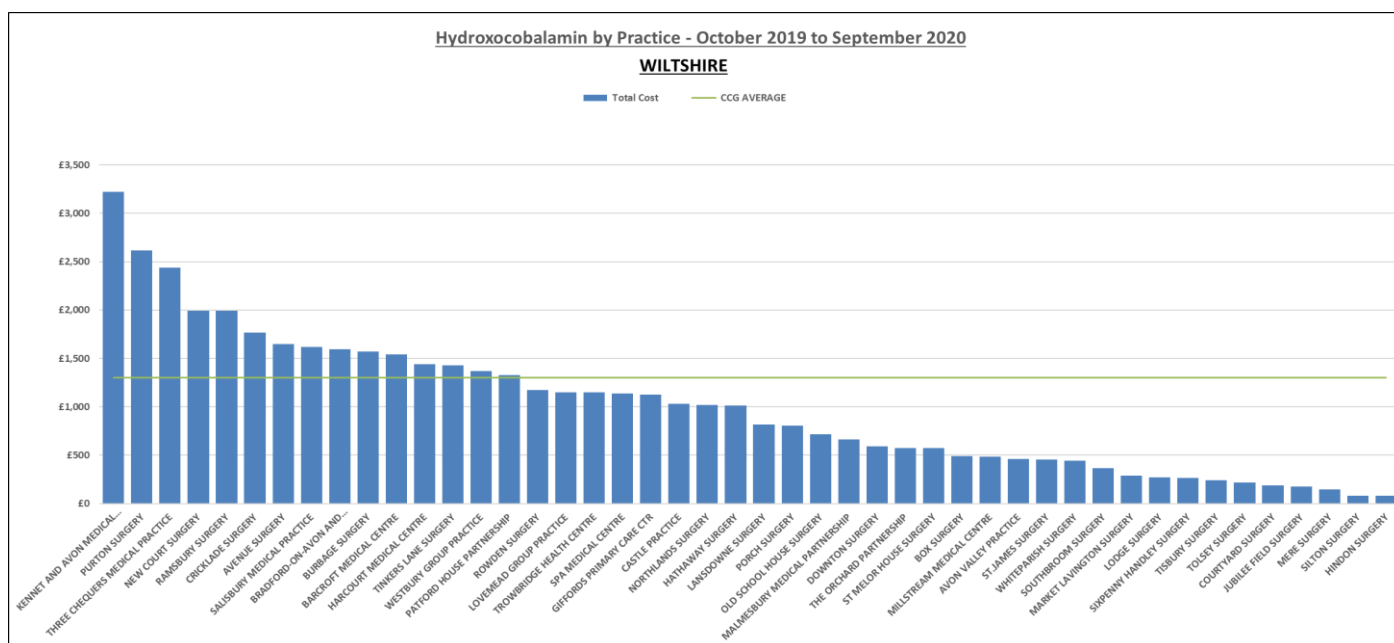
Practices with high prescribing may be particularly interested in looking at the de-prescribing angle of [BSW guidance for investigation, treatment and review of vitamin B12 \(cobalamin\) deficiency](#) as it will free up nursing time, reduce footfall in practices as well as reduce costs. BSW CCG is the second highest prescriber in England.

1) Data



Check your practice's data on openprescribing.net/analysis for up to date data or July to Sep 20 data presented here;





2) **Searches** to support de-prescribing in line with 2020 updated guidance are here;

SystemOne – Within each CCG's local central reporting unit; Med opt team 2020 B12 optimisation

If EMIS practices are interested in doing this as a project, we can support with setting a search up

3) Suggested Letter Template

Practice Header

Dear Patient

In light of updated prescribing guidance in BaNES, Swindon and Wiltshire Clinical Commissioning Group (BSW CCG), we have reviewed patients currently receiving B12 injections. It is particularly relevant for us to review now given the COVID-19 situation and we do not wish to continue asking you to come in to the surgery for a treatment which may no longer be necessary.

There are many patients where B12 is required, but having looked at your individual history, we feel you are unlikely to be benefiting from continued use of B12 injections.

Your options are to

- 1) Try without treatment, which we feel is a safe option for you*

OR

- 2) buy vitamin B12 tablets (cyanocobalamin) which are easily and cheaply available from health food shops, pharmacies or online. A standard dose of 100mcg (sometimes written as 100ug) daily is advised to replace a dietary lack of B12. Buying dietary supplements rather than receiving on prescription is recommended by NHS England and BSW CCG guidance.*

Whichever option you choose, try to make sure you are getting enough B12 by eating a varied and healthy diet. Foods that are rich in B12 include meat, fish, milk, cheese, eggs, and, for those who do not eat animal products, it is available in some fortified breakfast cereals & soya products.

If you feel that your clinical situation does warrant continuing with B12 injections, please book an appointment with your GP to discuss further.

Yours sincerely

The practice

Please note: BSW NetFormulary includes detailed guidance for 'Investigation, Treatment and Review of B12 Deficiency (includes information on appropriate de-prescribing), B12 prescribing and review during COVID Pandemic and Questions and Answers around oral vitamin B12' here:

<http://www.bswformulary.nhs.uk/chaptersSubDetails.asp?FormularySectionID=9&SubSectionRef=09.01.02&SubSectionID=A100#2238>