Upon receipt of your B-12 you will find:
prefilled syringes and 30g½ inch precision glide needles

First, open the needle packaging by separating the plastic portion of the wrapper from the paper backing

Next, remove the foil safety seal along with the black rubber stopper from the syringe. Now twist the needle onto the syringe.

The needle cover can now be removed prior to injection

Clean the injection site using the provided alcohol prep pad

Hold the syringe in one hand, and grasp a section of skin between the thumb and index finger with the other

Administer the needle into the skin at a 45 degree angle. After the syringe is inserted, press down on the plunger using your thumb to inject the medication

After you’ve removed the needle from the injection site, cap the needle and discard in an appropriate sharps container-(available at Health Dimensions)

The injection will leave a red dot under the skin. This is normal for a methyl B12 sub Q injection

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