Dear Marine Patient

As I am sure you are aware, for the public’s safety, all routine work in the NHS has been stopped during the Covid-19 crisis. Every clinical contact between a healthcare worker and patient is being reviewed to assess if the risk it brings to all parties is justified.

We have received guidance from specialists about vitamin B12 injections. It is based on research that has shown that if any patient who has been having regular B12 injections stops receiving them they have enough B12 stored in their liver to last at least 2 years. You can, therefore, come to no harm if a B12 injection is deferred.

As a result, you will appreciate that we are unable to justify any appointments for B12 injections during the crisis, apart from for patients with a new diagnosis of B12 vitamin deficiency who have not had the required injections before.

**Across the Well Up North primary care network, GPs have agreed to defer all vitamin B12 injections for 6 months.**

We must, please, ask you to respect this decision and not to telephone the surgery requesting ‘exceptional circumstances’ as our specialists inform us that there are none. Please allow your GPs and nurses to spend their time instead caring for the seriously ill patients they must treat.

Your recall date will be moved 6 months on from when your next injection is due and we will contact you at that time.

Finally, please do note that evidence shows the majority of patients receiving B12 injections in Northumberland can still absorb B12 from oral vitamin supplements. We suggest you speak to your pharmacist about obtaining these. The recommended dose is Vitamin B12 1000ug once daily. This can be bought at a low cost over the counter.

Thank you for your understanding and cooperation.

Yours sincerely,

Drs at Marine Medical Group