



SHOT ONLY					
<b>Personal Information:</b>					
<input type="checkbox"/> Mr. <input type="checkbox"/> Miss <input type="checkbox"/> Mrs. <input type="checkbox"/> Ms. <input type="checkbox"/> Dr.		First Name:		Middle:	Last Name:
Address:		City:		State:	Zip:
Gender:	Birth Date:		Age:	Last 4 of social:	
Email:		Cell #:		Home #:	
Occupation:		Employer:		May we contact you by:	
				<input type="checkbox"/> Cell <input type="checkbox"/> Email <input type="checkbox"/> Home <input type="checkbox"/> Mail	
Current Weight:		Height:			
<b>Emergency Contacts: (please list at least one)</b>					
Name:		Relationship:		Phone #:	
<b>Medical History</b>					
Are you experiencing any fatigue?					
<b>How did you hear about us?</b>					
<b>HIPPA</b>					

It is hereby agreed that any and all information, whether written, verbal, literature, protocols or any other communications are considered proprietary and will not be used in any form or shared with any other persons or entities without the expressed written consent of West Valley Health & Wellness. In addition, it is agreed that all patient information is to remain confidential under the guidelines of the Health Insurance Portability Act of 1996.

\_\_\_\_\_  
Patient Printed Name

\_\_\_\_\_  
Patient Signature

\_\_\_\_\_  
Date

#### B12 INFORMATION AND CONSENT

B12 injections are typically used as a treatment for a certain type of 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 monthly injections of vitamin B12 usually because the oral form is not dependable. Vitamin B12 shots are most effective when taken at regular intervals. A regular schedule to receive the injections can be customized to the individual. The body's ability to absorb vitamin B12 is reduced with increasing age. Older people often have a more potent vitamin B12 deficiency, even in cases where they do not suffer from pernicious anemia.

#### BENEFITS OF B12

- May help increase energy, mental alertness and stamina
- May help boost immune system
- May help increase metabolism
- May help improve mood stabilization
- May help reduce allergies, stress and depression and improve sleep
- May help lessen frequency and severity of migraines and headaches
- May help lower homocysteine levels in the blood, reducing probability of heart diseases and strokes



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#### POSSIBLE SIDE EFFECTS AND CONTRAINDICATIONS OF B12

- A vitamin B12 shot is safe and generally has no side effects.
- Some redness and swelling at the injection site may occur. This should start to get better within forty-eight (48) hours.
- In rare cases, B12 can cause diarrhea, peripheral vascular thrombosis, itching, transitory exanthema, urticarial, feels of swelling of the whole body.
- Sensitivity to cobalt and/or cobalamin is a contraindication.
- People with chronic liver and/or kidney dysfunction should not take frequent B12 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, 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.

I have read the information regarding risks and benefits of B12 and/or Lipotropic injections and have had a chance to ask questions on the treatment. I have met with a member of the medical staff and understand that the ingredients in the B12 and Lipotropic Injections could include any of the following: B1, B2, B3, B5, B6, B12 Cyanocobalamin or Methylcobalamin, Methionine, Inositol, Choline Chloride, Chromium Chloride, Procaine, Lidocaine, or Benzyl Alcohol. I am not allergic to any of the above ingredients and understand the possible complications of injection therapy are minor bruising and bleeding at injected sites, dizziness, headaches and possible fainting from site of blood. I understand clearly that there may be a slight chance for sensitivities and reactions to injection solutions. I hereby release West Valley Health & Wellness and its staff members and associates from all liabilities regarding my treatment associated with B12 and/or Lipotropic injections.

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Patient Printed Name

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Patient Signature

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Date