

# Congratulations!

We look forward to assisting you with your self-care regimen!

## Vitamin Injections

### PRE-TREATMENT

- There are no instructions, restrictions or specific products you need to avoid prior to treatment.

### POST-TREATMENT

*If you received the B Complex Shot*

- You may have some tingling down your arm or heaviness of your arm following the injection. This should last no more than 20 minutes.
- Your arm may be sore 24 hours post injection.
- You may have very bright yellow colored urine following the injection and this is normal. Both Vitamin B12 and B Complex are water soluble, so anything that your body does not need will be excreted through your urine.
- Most people get B12 and B Complex injections once monthly.