



LOW VITAMIN B12 LEVELS

Thank you for having your recent blood tests.

Your blood tests show your Vitamin B12 levels are low.

A diet that includes meat, fish and dairy products usually provide enough vitamin B12, but people who don't regularly eat these foods – such as those following a vegan diet or who have a generally poor diet can become deficient.

Stores of Vitamin B12 in the body can last about 2 – 4 years without been replenished, so it can take time for any problems to develop after a dietary change.

B12 levels can be replaced by a course of tablets to be taken long term. A prescription has been sent to your usual chemist.

You will also require a blood test in 4 months' time to recheck you levels so please get in touch closer to the time to organise your blood test.

More information can be found by visiting www.nhs.uk and searching for 'B12 Deficiency' in the search box.

If you have any queries about this letter please contact the surgery.

Yours sincerely

Wellington Medical Practice