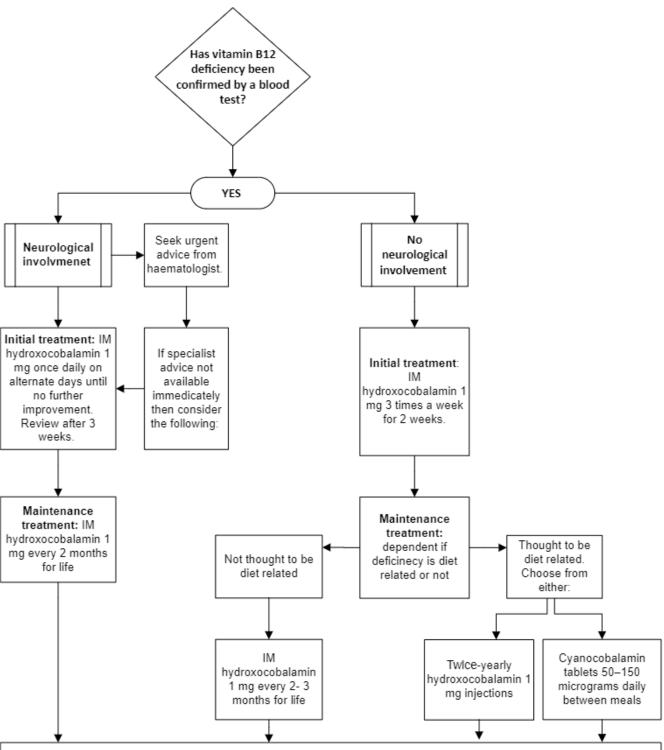


Investigation and treatment of adult patients presenting with signs or symptoms of vitamin B12 deficiency in primary care



On-going monitoring

Cobalamin (vitamin B12 level): This is unhelpful as levels increase with treatment regardless of how effective it is. Retesting is not usually required. However, levels can be measured 1 to 2 months after starting treatment if there is no response.

Full blood and reticulocyte count: Within 7 to 10 days of starting treatment and then after 8 weeks of treatment.

Iron and folate level (if not done already): After 8 weeks of treatment.

<u>Neurological symptoms</u>: This may take time; improvement begins within one week and complete resolution usually occurs between six weeks and three months.

On-going monitoring is unnecessary unless lack of compliance with treatment is suspected or if symptoms do not improve.