

# Nasocobal (cyanocobalamin) basics

**Boosts vitamin B12 levels and treats anemia.** Nasocobal (cyanocobalamin) is the only way to treat vitamin B12 deficiency and is available over the counter.

## What to expect when starting

Here's when people typically experience benefits as well as some possible side effects. Your experience may be different.



† Data on frequency of side effects is not available.

## Tips from pharmacists

- Take the pill with meals to increase the absorption of Nasocobal (cyanocobalamin).
- The nasal spray needs to be primed (spray into the air a few times until a full spray comes out) before you first use it. Follow the directions your pharmacist or doctor gives you.
- Use the nasal spray pumps at least an hour before or after eating or drinking anything that can cause a stuffy or runny nose.
- Be sure to rinse the tip of the spray bottle with hot water, dry it with tissue, and then cap it after every use.
- Your urine or skin can be colored red. This is normal and should go away in a few days.

## Risks and warnings

Contact your doctor if you experience any of these.

### Eye damage

People who have a very rare disease of the eye nerves called Leber's disease can have severe eye damage if they take Nasocobal (cyanocobalamin). Talk to your doctor if you have questions.

### Bone marrow and blood cancers

Low vitamin B12 levels can hide the symptoms of PCV, a rare bone marrow cancer. Taking Nasocobal (cyanocobalamin) can uncover the symptoms of PCV such as moderate to severe itchiness after a warm bath or shower, higher blood pressure, and a burning feeling in the hands and feet. Talk to your doctor if you experience any of these symptoms.

### Severe low potassium levels

When used to treat severe vitamin B12 deficiency anemia, Nasocobal (cyanocobalamin) can cause potassium to decrease to dangerous levels as your anemia improves. Your doctor might have you do regular blood tests to check your potassium during treatment.