

Vitamin D3 Injection

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Disclaimer

PATIENT CONSENT: This is an informed consent form that has been prepared to help inform you of the potential benefits and risks of Vitamin D3 injection. It is important that you read this information carefully and discuss fully with your practitioner before proceeding with treatment. It is also important that you take as much time as you need to consider the treatment carefully, weighing up all your options before reaching an informed decision. It is essential that you are aware of your right to have a second opinion and you are encouraged to ask any questions that come to mind throughout the entirety of the process. Vitamin D is a fat-soluble vitamin, essential for regulating calcium and phosphate metabolism. Vitamin D is required for healthy teeth, bones and muscles. Vitamin D3 (Cholecalciferol) is a type of vitamin D which is produced by the skin when exposed to sunlight. Vitamin D3 is used to treat and prevent vitamin D deficiency. Vitamin D3 deficiency can lead to a bone disorder in adults called osteomalacia which causes softening of the bones which can increase the risk of fractures. Other symptoms of vitamin D deficiency may include fatigue, muscle aches and pains, bone pain, muscle weakness and low mood. Vitamin D is sourced in foods such as oily fish, eggs and fortified cereals. Vitamin D is naturally produced by your body when the skin is exposed to sunlight. Vitamin D deficiency can therefore result from dietary reasons and very commonly from lack of sun exposure. Lack of sunlight exposure is common in the UK during the autumn and winter months. The NHS recommends a daily supplement of 400IU of vitamin D for those at risk of deficiency. Replacement of Vitamin D3 can take the form of oral or injection supplements. Note that taking too much Vitamin D3 can be harmful and lead to side effects. Vitamin D3 injection can be given where oral supplementation is not possible or practical, or if your doctor felt you would benefit from intramuscular injection of vitamin D3. Vitamin D3 injection can be used to treat or prevent vitamin D deficiency, other indications for use of vitamin D3 injection would be considered off label use. If you are considering Vitamin D3 injection you should seek medical advice from your GP/doctor beforehand. Vitamin D3 injection is not a substitute for medical care, if you are unwell you should seek medical care from your doctor. It is important that you see your doctor/GP if you suspect or display symptoms of Vitamin D deficiency. It is important also to not exceed the recommended doses of Vitamin D3. If you have a known Vitamin D deficiency, then investigation of the cause and replacement should be conducted by your doctor/GP. Your doctor will also be able to take a vitamin D blood test to check your level of vitamin D. Vitamin D3 injection must be prescribed by a doctor or a nurse prescriber. If your Vitamin D3 injector is non-medical, then you will require a separate consultation appointment with a prescribing clinician. The prescriber will need to know all your medical information including allergies, they will also prescribe a safe dose of Vitamin D3 injection for you and discuss the other options available to you. The prescribing clinician may want to see a blood test result for your vitamin D level before prescribing vitamin D injection or before prescribing further doses. I request treatment with Vitamin D3 injection. The injection of Vitamin D3 has been explained to me and my questions regarding such treatment have been answered to my satisfaction. The information given to me has been in clear terms and I understand the risks, benefits, possible side effects and complications of the treatment. I certify that I am in good health. I have read the information about the Vitamin D3 injection. An intramuscular injection of Vitamin D3 is given into the Deltoid muscle in the side of the upper arm. The procedure is very quick, you may feel a short, sharp pain during the injection.

RISKS AND SIDE EFFECTS: You must be aware of the following side effects of intramuscular Vitamin D3 injection before commencing treatment. You must fully discuss any questions with your practitioner and prescriber before proceeding. I understand the common side effects of the injection are pain, redness, swelling and soreness around the injection site lasting up to a few days. You may also experience some bruising around the injection site also. Some people can faint or feel faint with needles and injections, it is important to tell your practitioner as soon as possible if you feel unwell during or after the injection. Common side effects of vitamin D include abdominal pain, headache, nausea and skin reactions. Uncommon side effects include reduced appetite, constipation, vomiting, diarrhoea, hypertension, muscle aches, thirst, polyuria, cardiac arrhythmias, hypercalcaemia (high blood calcium level) and an

increased risk of kidney stones. There is also a rare risk of allergic reaction or anaphylactic reaction to Vitamin D3 injection. In the event of anaphylaxis or any serious side effects, you would require emergency medical attention. I have been advised of the relevant information associated with this treatment and I confirm that I fully understand this advice. This includes advice about: - the aims/motivations for having the procedure and the desired outcome - the risks inherent in the procedure - the risks inherent in refusing the procedure - the risks specific to me - the expected benefits of the treatment - the potential disadvantages of the treatment - alternative procedures and their pros and cons - including the option of no treatment at all - any uncertainties about and the likelihood of success of the procedure - any follow-up treatment that may be required

CLINICAL PHOTOS AND VIDEOS: I agree to and authorise the taking of clinical photographs and videos. I understand that these clinical photographs and videos will form part of and will be kept with my confidential medical records. I have been asked what information I want and would need in order to make an informed decision. I have been given the opportunity to discuss my desired outcome fully in order for me to make an informed decision. I certify that I have read the above consent and that I fully understand it. I have been given ample opportunity for discussion and all my questions have been answered to my satisfaction. No new information has become available that affects my decision to have the treatment or my decision to consent. I hereby consent to this procedure. This constitutes the full disclosure and supersedes any previous verbal or written disclosures.

Questions

Do you understand the information you have been provided?

- ☐ Yes
 - ☐ No
-

Do you feel sufficient information has been provided to you, to enable you to consent?

- ☐ Yes
 - ☐ No
-

Has your consent been freely given?

- ☐ Yes
 - ☐ No
-

Do you have any medical conditions?

☐ Yes

☐ No

Are you pregnant or breastfeeding?

☐ Yes

☐ No

Do you have a neuromuscular disease (e.g. MS, ALS, motor neuropathy myasthenia gravis, or Lambert-Eaton syndrome)?

☐ Yes

☐ No

Do you have an autoimmune disease?

☐ Yes

☐ No

Do you have any skin conditions?

☐ Yes

☐ No

Do you have any known allergies or have ever had anaphylaxis?

☐ Yes

☐ No

Do you have any active infection at the intended site of procedure?

- ☐ Yes
- ☐ No

Are you taking antibiotics or other prescription medications?

- ☐ Yes
- ☐ No

Is there any other Medical and/or Social History that we should know? If so, please provide full detail here.

What are your aims/motivations for having the procedure and the desired outcome? Please provide full details here.

Have you had this or a similar treatment before? If so, did you experience any problems? Please provide full details here.

Do you have any concerns? If so, please provide full details here.

Is there anything else we should know? Please provide full details here.

☐ I will retain this information throughout the course of my treatment and refer to it as required