

Vitamin B12 deficiency in over 16s: diagnosis and management.

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National Institute for Health and Care Excellence (NICE). Vitamin B12 deficiency in over 16s: diagnosis and management. London (UK): National Institute for Health and Care Excellence (NICE); 2024 Mar 6. 55 p. (NICE guideline; no. 239)

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Overview

Guideline Objective

To provide recommendations on recognising, diagnosing, and managing vitamin B12 deficiency in people aged 16 and over, including deficiency caused by autoimmune gastritis, as well as monitoring for gastric cancer in people with autoimmune gastritis

Note: Areas that will not be covered in this guideline include: screening for vitamin B12 deficiency, including in newborn babies; prevention of vitamin B12 deficiency; managing general symptoms of vitamin B12 deficiency (such as fatigue); blood transfusion; and investigating and managing complications related to vitamin B12 deficiency.

Patient Population

People aged 16 and over with suspected and diagnosed vitamin B12 deficiency, including pernicious anaemia

Recommendations

Recommendation Statements

Major interventions covered in this guideline include:

- Considerations for recognising deficiency, including patient risk factors
- Indications for diagnostic testing and interpretation of results
- Identifying the cause of deficiency (i.e., malabsorption, autoimmune gastritis, medicine-induced, recreational nitrous oxide use, unknown) and management approach
- Guidance on use of intramuscular or oral vitamin B12 replacement
- Role of ongoing care, follow-up, and information and support for patients and carers
- Monitoring for gastric cancer in people with suspected or confirmed autoimmune gastritis

Note: Refer to the [original guideline](#) for full recommendation statements.

Evidence Rating Scheme

Refer to the original guideline documentation for more information.

Recommendation Rating Scheme

Refer to the original guideline documentation for more information.

Related Content

Supporting Documents

- [Methods](#); 2024 Mar 6.
- [Evidence Reviews](#); 2024 Mar 6.

- [A: Information and Support](#); 2024 Mar 6.
- [B: Risk Factors and Symptoms and Signs for Vitamin B12 Deficiency](#); 2024 Mar 6.
- [C: Diagnostic Tests](#); 2024 Mar 6.
- [D: Tests for Identifying Cause](#); 2024 Mar 6.
- [E: Vitamin B12 Replacement](#); 2024 Mar 6.
- [F: Follow Up](#); 2024 Mar 6.
- [G: Monitoring for Gastric Cancer in People with Vitamin B12 Deficiency Due to Autoimmune Gastritis](#); 2024 Mar 6.
- [Developing NICE Guidelines: The Manual](#); 2014 Oct 31 (last updated 2025 Oct 23).

Implementation Tools

- [Visual Summary](#); 2024 Mar 6.
- [Baseline Assessment Tool](#); 2024 Mar 6.
- [Resource Impact Statement](#); 2024 Mar 6.
- [Resource Impact Template](#); 2024 Mar 6.
- [Practical Steps to Improving the Quality of Care and Services Using NICE Guidance](#).

Patient Education

- [Information for the Public](#); 2024 Mar 6.

Note: This patient information is intended to help patients better understand their health and their diagnosed disorders. Patients and their representatives should still consult with a licensed health care professional for evaluation of treatment options as well as answers to their personal medical questions.

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TRUST Scorecard

Composition of Guideline Development Group (GDG)

Multidisciplinary GDG Members

Yes

Methodologist Involvement

Yes

Incorporation of Patient and Public Perspective



Systematic Review of Evidence

Literature Search



Study Selection



Evidence Synthesis



Foundations for Recommendations

Strength of Evidence Grade



Description of Benefits and Harms of Recommendations



Summary of Evidence Supporting Recommendations



Strength of Recommendations Rating



Clear Articulation of Recommendations



Funding Source

Yes

Disclosure and Management of Financial Conflicts of Interests



External Review



Updating

