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# Methylene Blue

## Patient Education

### What is Methylene Blue?

Methylene blue is a medication used for various purposes, including treating certain types of infections. Methylene Blue improves metabolism by:

- Improving mitochondrial function and respiration
- Improving oxygen consumption
- Improving ATP production and glucose consumption.
- Decreasing lactic acid production.
- Acting as an antioxidant

### How is it Administered?

Methylene blue is often administered intravenously (IV) by a healthcare professional clinical setting. Methylene blue may also be taken orally.

### Possible Side Effects:

Like all medications, methylene blue can cause side effects. Common ones include:

- Discoloration: You might notice a blue or greenish color in your urine, stool, or even your skin. This is temporary and harmless.
- Allergic Reactions: Rarely, some people may have allergic reactions, which could include rash, itching, or swelling. Notify your medical team immediately if you have an allergic reaction, or seek emergency care.
- Gastrointestinal Issues: Nausea, vomiting, or diarrhea might occur.

### Precautions and Warnings:

1. Inform Your Doctor: Make sure your healthcare provider knows about any other medications you're taking, including over-the-counter drugs, supplements, and herbal products.
2. Pregnancy and Breastfeeding: Inform your healthcare provider if you are pregnant, planning to become pregnant, or breastfeeding.
3. Medical Conditions: Let your healthcare provider know if you have any conditions like liver disease or any blood disorders.

***It is important that you continue to see your regular medical doctor for your usual health care, tests, and routine health maintenance. We are not replacing your primary medical doctor.***