

'Diet jabs landed me in A&E'

Looking to shed a few pounds, Vikki Ryan ended up in hospital after a jab mishap and now wants to warn others of the dangers...

When Vikki Ryan wanted to shed a few extra pounds, after reading a lot of success stories she was excited to try a new weight loss alternative – diet jabs.

The first round of injections in 2020 was a success – but when Vikki, 38, wanted a top-up ahead of her big day in September 2024, she wasn't prepared for the disastrous

consequences. Just a few hours after injecting herself, she had completely lost her appetite and was violently sick. She was so unwell she ended up in hospital and was close to risking permanent damage to her body.

Having now fully recovered, Vikki now believes it's her duty to warn others of the risks. She says, 'I've heard about people who have ended up in a coma after taking diet jabs. I got off lightly, in comparison.'

INJECTIONS

It was a client that inspired Vikki to lose weight and try the weight loss jabs. Vikki, a hairdresser from Hartlepool, says, 'I was a size 12 but wanted to lose a few pounds. When one of my loyal customers came in she looked fantastic and I asked what she was doing. She said it was diet injections and all the celebs were doing it. She looked so great I was keen to find out more.'

Vikki's client told her she ordered them online and it was super easy. Vikki says, 'She told me they suppressed your appetite and the weight just fell off. I was instantly sold!'

That night, Vikki went home and did her research before coming across a reputable looking website. She says, 'All you had to do was fill in a short

questionnaire with your weight and height and they'd send you the skinny jabs in the post.'

ENGAGED

A few weeks later, the package arrived and carefully following the instructions, Vikki jabbed herself – she noticed results immediately.

Vikki says, 'I barely ate, only

managing a few mouthfuls at a time. The weight just fell off and I lost a stone and a half in three weeks. I had one negative side effect – nausea. My partner Andrew noticed I wasn't that hungry, so I told him what I was doing. He thought it was a bad idea and said I was perfect as I was, but I was undeterred.'

After 18 years of being

engaged, Vikki and Andrew began planning their big day in November 2023, setting the date for 19 September 2024.

With that in mind, Vikki knew she wanted to slim down ahead of her upcoming bridal appointment for her dream dress. Unable to find the original jabs she'd used before, a friend recommended

a different brand to her.

Vikki explains, 'All you had to do with these ones was order the solution, water, and needles, and mix them together yourself. I thought it couldn't be too different to before, so I ordered some and when they arrived I followed the instructions and jabbed myself.'

Vikki felt fine at first but

then she started to notice something was wrong when she went to her mum's for Sunday lunch a few hours later.

She says, 'When I sat down and tried to eat, I felt a sudden wave of nausea. I tried to stomach a few mouthfuls but I could feel the bile

rise in my throat so ran to the loo to be violently sick.'

Vikki quickly told her mum she must have food poisoning before making her way home. She says, 'Panic immediately set in as I'd never been sick from the jabs before. I thought maybe the new formula didn't agree with me.'

Hoping to sleep it off, Vikki

went to bed, but for the next six hours she projectile vomited. She explains, 'Andrew was worried about me and said I should go to A&E. That's when I confessed to him what I'd done.'

After 36 hours of constant sickness, Vikki rang 111 who suggested sending out an ambulance, but instead had her mum take her to A&E.

FUNCTIONING

When Vikki arrived, she was seen by a nurse who said there was nothing that could reverse the effects of the jab. She says, 'I was told to come back in if I was still being sick 12 hours later, and that they might need to check my organs to see how they were functioning. Mum couldn't believe how daft I'd been, and I promised her I'd never do it again.'

Vikki was sent home with some anti-sickness tablets and slept for five hours before the vomiting returned. She says, 'I took another anti-sickness tablet and that finally stopped it, but it took months for the nausea to subside completely.'

'I could only eat once a day as everything made me feel sick, and I felt constantly dehydrated. I couldn't believe how stupid I'd been.'

REFLECTING

Reflecting on her experience, Vikki admits how careless she was. She says, 'I couldn't believe what I put my body through, I was so stupid to inject a drug I ordered off the internet and I am so lucky that I didn't have any long term damage.'

'I feel it's my duty to warn others about the dangers of diet jabs. Nearly a year on, I feel like I'm finally back to the old me, and I felt great when I walked down the aisle to marry Andrew earlier this year.'

'He loves me for me and most importantly, I love me for me too. Dropping a few pounds isn't worth risking my life.'



Vikki took diet jabs after a client recommended them to her



Vikki now



Vikki on her wedding day

IT'S MY DUTY TO WARN OTHERS ABOUT DIET JABS

She ended up severely ill after her second dose of jabs