

METFORMIN

ABOUT METFORMIN

Metformin allows the body to make better use of the lower amount of insulin that occurs in diabetes.(Type 2 Diabetes Mellitus)

Insulin is made naturally in the pancreas. It maintains the correct amount of sugar in the blood. If the body does not make enough insulin to meet its needs, or does not properly use the insulin it makes, this results in the condition called Type 2 Diabetes Mellitus. No two people with diabetes are alike and treatment is carefully chosen to meet individual needs. Metformin can be used on its own along with a diet, or used in combination with other medicines that help control blood glucose.

BEFORE TAKING METFORMIN

Before taking Metformin make sure your doctor knows if you are taking **any** other medicines, including those available to buy without a prescription, herbal and complementary medicines.

HOW TO TAKE METFORMIN

- Take your medication exactly as directed by your doctor. Metformin should be taken with or immediately after a meal.
- Try to take Metformin at the same times each day to avoid missing any doses.
- If you miss a dose, take it as soon as you remember (with food) and continue taking it at the usual time. If it is nearly time for your next dose, leave out the missed dose; never take two doses at the same time to compensate. If in doubt speak to your pharmacist or doctor.
- Swallow metformin modified release tablets whole and do not crush or chew them, otherwise you may absorb too much drug too quickly.
- Always read the manufacturer's information leaflet, if possible, before beginning treatment.

GETTING MORE FROM YOUR TREATMENT

- It is important that you follow any dietary advice that you have been given by your doctor or nurse.
- Check with your doctor or nurse before taking up any new high level physical exercise, as this will have a long lasting effect on your blood sugar levels.
- You must keep your regular appointment with your doctor or nurse. Your doctor may want to adjust the dose of metformin you are taking.
- If advised to do so and only after some discussion with your doctor or nurse, you may need to test your blood glucose to check your diabetes control. Your nurse will help you decide how often to check this.
- Avoid drinking large amounts of alcohol or drinking alcohol on an empty stomach, as this may affect the control of your blood sugar.

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CAN METFORMIN CAUSE PROBLEMS?

Along with their useful effects, all medicines can cause unwanted side effects, which usually improve as your body adjusts to it. Speak with your doctor, nurse or pharmacist if any of the following side effects continue or become troublesome:-

Common side-effects:

Some people experience nausea and diarrhoea, especially if the dose is increased too quickly. You may reduce the dose of metformin to the maximum dose your stomach can tolerate. This side effect often gets better with time.

Some patients, who are on the modified release dose of metformin, may find that their tablet is passed whole in their stools. This does not mean the tablet is not working and please do not stop taking the tablets if this happens.

If you are due to have test done that requires the use of some contrast such as an angiogram, you may need to stop this tablet for 2 days before but specific advice will be given by the radiology department.

HOW TO STORE METFORMIN

- Keep out of sight and reach of children.
- Store in a cool, dry place, away from direct light and heat.
- Never keep out of date or unwanted medicines. Take them to your local pharmacist who will dispose of them safely for you.

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**PLEASE TAKE YOUR MEDICINES AS
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