

## **Metformin: Patient Information Sheet**

Metformin is a medication used for the treatment of Type 2 diabetes or insulin resistance in young people. It works by increasing the body's sensitivity to insulin and has the added advantage of promoting weight loss. Metformin should be given regularly as prescribed with the morning and evening meals.

Whilst Metformin is a very safe agent in young people, there are a few precautions that you need to be aware of:

1. Metformin should be stopped and your doctor or the Diabetes Centre contacted if you become severely unwell
2. Metformin should not be given with the "Cimetidine" (a stomach ulcer/ oesophageal reflux treatment) and possible interactions with any new medications should be discussed with your doctor
3. Metformin should be temporarily discontinued if special Xrays involving an intravenous injection of contrast material are required
4. You should avoid or limit alcohol intake while taking Metformin

If you have any further questions about your medication, please contact either your doctor or the Diabetes Centre on 08-8161 6402.

## **How to start Metformin**

500 mg tablets

Common side effects: nausea, vomiting, diarrhoea, abdominal discomfort

Week 1: Take 1 tablet (500mg) with dinner.

Week 2: If no side effects, increase dose to 1 tablet (500mg) with breakfast and 1 tablet (500mg) with dinner.

Week 3: If no side effects, increase dose to 1 tablet (500mg) with breakfast and 2 tablets (1000mg) with dinner.

Week 4: If no side effects, increase dose to 2 tablets (1000mg) with breakfast and 2 tablets (1000mg) with dinner.