

Starting Metformin – Patient Information Leaflet

About Metformin

You have been prescribed **METFORMIN** tablets to help with your diabetes. METFORMIN improves your blood glucose control and enables the insulin produced by your pancreas to work more efficiently. The role of insulin is to help your cells to take in glucose and convert it to energy. Metformin works by allowing glucose to enter your cells (reducing insulin resistance) and by slowing down the release of glucose stored in your liver.

You should not experience any weight gain from taking Metformin and it may help protect your heart.

Your Metformin dose

You have been started on **METFORMIN 500mg** tablets but the dose should be gradually increased. Metformin should be slowly introduced over the course of two months to keep the risk of gastrointestinal side effects such as nausea, vomiting and diarrhoea to a minimum. Please follow the guidelines below.

Week 1 & 2: Take 1 tablet daily after your evening meal.

Week 3 & 4: Take 1 tablet after breakfast and 1 tablet after your evening meal.

Week 5 & 6: Take 1 tablet after breakfast and 2 tablets after your evening meal.

Week 7 & 8: Take 2 tablets after breakfast and 2 tablets after your evening meal.

If you are taking metformin alone to control your blood glucose you do not need to undertake regular glucometer readings during dose adjustment. If you are on several drugs to control your blood glucose you may, according to advice from the GP or nurse, need to undertake glucometer readings.

Important information

If you experience any gastro-intestinal symptoms speak to your GP, pharmacist or a member of your practice diabetes team rather than stop the medication.

Version	1.0
Developed by:	HVCCG Pharmacy and Medicines Optimisation Team and HVCCG Diabetes Clinical Forum. With thanks to PrescQIPP and NHS Aylesbury Vale and Chiltern CCG.
Date Ratified:	February 2018 (Medicines Optimisation Clinical Leads group); April 2018 (Primary Care Commissioning Committee)
Review date	February 2020