

HOW TO TAKE METFORMIN TABLETS

Metformin tablets work by reducing the level of sugar released from the liver and reducing the level of sugar in the blood by moving sugar into the muscle. When you are prescribed Metformin, you must also continue to follow the healthy eating advice as your dietician recommended. You may need to take Metformin in addition to other tablets for your diabetes.

Metformin is a useful medicine, but minor degrees of tummy upset are quite common, especially when you first start taking them. The symptoms include wind, indigestion, nausea and loose bowel motions. For this reason you should start with one tablet a day and increase to the full dose over 1-2 weeks, taking it with or after food. If these problems persist and are still there after a week or so, you should reduce the dose and inform your Doctor.

Warning: Very few people feel quite unwell after starting Metformin, for reasons which are not understood. If in doubt, stop the tablets and consult your GP, Practice Nurse or The Hackney Diabetes Centre **(020 8510 5000)**

The tablets come in two sizes 500mg and 850mg. The usual maximum dose is (2) 500mg tablet taken twice a day or (1) 850mg tablet taken 2-3 times a day. Please keep a record of your dosage and take this to all your diabetes appointments. You will need to obtain further supplies of tablets from your GP, and they are available free on prescription.

Metformin is the correct name for your medicine, but it is also available under a trade name called GLUCOPHAGE. The correct medical name is always on the box in small print. Please check carefully.

Metformin SR or Glucophage SR

This tablet works in the same way and should be taken in the same way as Metformin. It is only taken once a day, with the main meal. The starting dose is (1) 500mg tablet daily, the maximum dose is 2g daily, with the main meal.