

**METFORMIN**

Metformin has been prescribed to help reduce the level of glucose (sugar) in your blood. Metformin is taken in combination with a healthy diet and lifestyle

Risk of hypoglycaemia (low blood glucose levels) is negligible with this treatment. You **do not** need to inform the DVLA that you are taking metformin.

Swallow Metformin whole with half a glass of water, during or after meals. Like all medicines metformin **may** cause side-effects. These include stomach ache, nausea, diarrhoea and wind. These symptoms are more likely to occur when you start treatment but usually improve. Report any ongoing symptoms to your Diabetes Nurse.

**Start with one Metformin tablet (500mg) with your main meal. Then follow the chart below.**

	BREAKFAST		EVENING MEAL
<b>Week 1</b>			500mg
<b>Week 2</b> (if no side effects)	500mg		500mg
<b>Week 3</b> (if no side effects)	500mg		2x500mg
<b>Week 4</b> (if no side-effects)	2x500mg		2x500mg

If you develop side effects, **do not** increase your dose before checking with the Diabetes Nurse. One month after starting Metformin your Diabetes Nurse will review treatment.

**Stop metformin** if you are suffering with an illness such as stomach upset, vomiting or high fever. Drink plenty of sugar free fluid to keep hydrated. If symptoms persist for more than 24 hours seek prompt advice from your surgery or telephone NHS 111. Re-start metformin when your symptoms subside and you return to normal eating.

**Always inform your diabetes team if, for any reason, you stop taking prescribed medication.**