

Metformin Medicine Management

DIABETES MELLITUS MANAGEMENT

Metformin is a medication used to treat Type 2 Diabetes.

Metformin can in some patients cause side effects such as nausea, wind or diarrhoea. The chances of experiencing these side effects can be reduced by taking the tablets with food, in the middle of a meal and never on an empty stomach. It should be started with a low dose and increased gradually.

Below is a schedule you should follow when starting Metformin;

Start with ONE tablet (500mg) in the middle of your main meal of the day.
If you get on well with this dose and have no significant side effects after 1-2 weeks, increase to ONE tablet with each of the 2 main meals of the day.
If you get on well with this dose and have no significant side effects after 1-2 weeks, increase to TWO tablets (1000mg) with the main meal and ONE with the second largest meal.
If you get on well with this dose and have no significant side effects after another 1-2 weeks, increase to TWO tablets with the 2 main meals of the day.
If you get on well with this dose and have no side effects, carry on taking TWO tablets twice a day , unless advised by your doctor or nurse to change your dose.
If after a dose increase you start to experience significant side effects, cut down to taking the last dose you got on well with. Do not stop taking this medication without discussing this with your doctor or nurse.