



## METFORMIN

*met-for-min*

### What does it do?

*Metformin* is used to treat diabetes, and sometimes other conditions.

### How should you take it?

Take *metformin* regularly as directed with food and a glass of water.

### What if you forget a dose?

Take the missed dose as soon as possible (with food). If it is close to the time for your next dose, skip the missed dose and carry on as normal. Do not take two doses at the same time.

### Can you take other medicines?

Tell your pharmacist or doctor about all medicines or treatments that you may be taking, including vitamins, herbal products or recreational drugs.

### What side effects might you notice?

Side Effects	Recommended action
Severe vomiting or diarrhoea	Stop taking and tell your doctor
Weakness, headache Changes in taste, change of appetite Stomach upset, farting, indigestion	Tell your doctor if troublesome

If you notice any other effects, discuss them with your doctor or pharmacist.

### Other information:

- Very rarely, *metformin* can cause a serious condition called lactic acidosis. Stop taking *metformin* and tell your doctor immediately if you are feeling very unwell or unusually tired, or if your breathing becomes faster than normal.
- Tell your doctor if you have kidney, liver or heart problems.
- Tell your doctor if you are pregnant, planning to become pregnant, or breastfeeding.
- Test your blood sugar as directed by your health professional.
- Limit alcohol intake as it may change your blood sugar and increase your risk of *metformin* side effects.