

METFORMIN

PATIENT INFORMATION GUIDE



Never give your medicines to others even if their symptoms are the same as yours.

WHY HAVE WE GIVEN YOU THIS GUIDE?

- This information is for you to use when taking metformin
- Metformin is a useful medicine to help control diabetes
- Metformin can cause side effects so it is important you know how to take it safely
- Talk to your doctor, pharmacist (chemist) or nurse if you have any questions or concerns

THINGS YOU CAN DO TO TAKE METFORMIN SAFELY

- Eat regular healthy foods and do not drink large amounts of alcohol
- Take metformin with meals so it does not upset your stomach
- Let your doctor know if you are feeling sick, have stomach pain or diarrhoea
- Drink plenty of water because metformin can cause side effects if you are dehydrated
- Let your doctor know if you have any kidney or liver problems
- Let your doctor know if you have just had, or need to have surgery

METFORMIN CAN BE HARMFUL

- ▶ **Always store metformin out of reach and out of sight of children**
- ▶ **Let your doctor or pharmacist (chemist) know immediately if you:**
 - Have a skin rash, have trouble breathing or suddenly feel drowsy, faint or very sick
- ▶ **Tell your doctor and pharmacist (chemist) about all of the medicines you are taking**
Metformin can be harmful when taken with **some** other medicines
- ▶ **PREGNANCY and metformin**
 - If you are taking metformin and become pregnant let your doctor and pharmacist (chemist) know
 - If you have gestational diabetes (diabetes during pregnancy), your doctor may ask you to take metformin while you are pregnant
 - Metformin is usually safe during breastfeeding; ask your doctor for advice
- ▶ **Do not take any more than recommended**
High doses can be harmful