Te Whatu Ora
Health New Zealand
Waitaha Canterbury

METFORMIN

met-for-min

What does it do?

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

Before you start

- Tell your doctor if you have kidney problems.
- Tell your doctor if you are pregnant, planning to become pregnant, or breastfeeding.

How should you take it?

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

What if you forget a dose?

If it is nearly time for your next dose, skip the missed dose and take your next dose at the usual time. Otherwise, take the missed dose as soon as you remember. 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
Symptoms of a very rare but serious problem called lactic acidosis including: nausea, vomiting, diarrhoea, weakness, muscle pain, fast breathing	Tell your doctor immediately
Changes in taste, loss of appetite	Tell your doctor if troublesome
Stomach upset, farting, indigestion	Common when you first start but should improve. Tell your doctor if troublesome.

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

Other information:

- You will need a regular blood test (HbA1c) to check how your diabetes is controlled.
- If you are unwell, follow your diabetes sick-day plan, or talk to your health professional.