

Metformin (met-FOR-min)

Brand names: Glucophage, Glucophage XR, Riomet, Fortamet, Metformin HCl

Dose _____ Times _____

Keep at room temperature. Store away from sunlight in a dry place (such as in your dresser drawer or hallway closet). Keep all medicine out of reach of children and pets.

What does it do?

Helps to control glucose (blood sugar) levels. Stops the liver from releasing glucose.

How do I take it?

- This medicine comes in tablet or liquid form. Your doctor will tell you how much to take and how often to take it.
- Take it with food or milk to prevent an upset stomach.
- If you take tablets, swallow them whole. Do not crush, break or chew them. Empty tablet shells may pass into your stool. This is nothing to worry about.
- Drink plenty of fluids while taking this medicine (unless your doctor tells you not to).

- If you miss a dose, take it as soon as possible. Skip the missed dose if it is almost time for your next dose. Never take two doses at the same time.

What are the possible side effects?

If side effects don't go away, talk to your doctor. Possible side effects include:

- Nausea or upset stomach
- Diarrhea (loose, watery stools) or gas
- Headache
- The taste of metal in your mouth.

Women who have ovulation problems and have not yet reached menopause may begin to ovulate with this medicine. This increases the chances of pregnancy.

When should I call the doctor?

Call your doctor right away if you have:

- Severe vomiting (throwing up).
- Severe diarrhea (loose, watery stools)
- Signs of lactic acidosis. This is a rare but serious side effect. It occurs most often in patients with kidney, liver or heart disease. Symptoms include:
 - Unusual muscle or stomach pain
 - Trouble breathing
 - Slow or unsteady heartbeat
 - Feeling tired, weak, dizzy or very cold.
- A rash.
- Any sign of an allergic reaction, such as:
 - Itchy skin
 - Swelling in the face, hands, mouth or throat
 - Tingling in the mouth or throat
 - A tight feeling in the chest
 - Trouble breathing.

What else should I know before taking this medicine?

- Before taking this medicine, tell your doctor:
 - About all medicines you are taking, including over-the-counter drugs such as Advil, Aleve and Motrin.
 - If you have problems with the adrenal or pituitary glands.
 - If you have heart, liver or kidney disease.
 - If you are pregnant or breastfeeding.
 - If you have more than six alcohol drinks a day or have a history of alcohol abuse.
- This drug may not be right for you if you are 80 years of age or older.
- Do not take this medicine if you have had an allergic reaction to metformin.
- If you have liver problems, you should avoid or limit alcohol while taking this medicine.
- Always eat carbohydrate when drinking alcohol. Alcohol is more likely to lower your blood glucose while you are on this medicine.
- If you will have surgery or X-rays that use contrast dye, tell your doctor that you are taking metformin. You may need to stop taking it for a few days. Your doctor will tell you when it is safe to take it again.
- Ask your doctor if you should take a multi-vitamin while using this medicine.
- We may increase your dose slowly to prevent diarrhea and other stomach problems.