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