



Patient & Family Guide
2018

Metformin



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Metformin

Why do I need this medication?

Metformin helps to lower high blood sugar in people with type 2 diabetes.

Brand names: Glucophage®, Glumetza®

How to take and store this medicine

- Keep all medicine out of the reach of children.
- Take this medicine exactly as your doctor or nurse practitioner ordered.
- Take metformin with food to avoid an upset stomach.
- Store at room temperature, away from heat, moisture, and direct light.

If you miss a dose

- Take the missed dose as soon as possible.
- Skip the missed dose if it is closer to the time for your next scheduled dose.
- Do not take 2 doses at the same time.

Drugs and foods to avoid

- **Ask your doctor, nurse practitioner, or pharmacist before taking any other medicine, including over-the-counter products.**
- Avoid too much alcohol or becoming intoxicated (drunk) while you are taking metformin.

Warnings

- To control your blood sugar, follow the diet that your doctor, nurse practitioner, or Diabetes Care Program has ordered. Remember to exercise and take this medication on a regular schedule.
- You may be at risk of low blood sugar if you are also taking other medications for diabetes. Symptoms of low blood sugar include sweating, shaking, weakness, anxiety, drowsiness, irritability, feeling very hungry, blurred vision, fast heartbeat, confusion, and headache.
- You are more likely to have low blood sugar if you miss a meal, exercise for a long time, or drink alcohol.
- If you are having any diagnostic procedures that will include a “dye test”, tell the doctor you are taking metformin.

What are your questions?

Please ask. We are here to help you.

Call your doctor or nurse practitioner right away if you have any of these serious side effects:

- › severe vomiting (throwing up)
- › diarrhea

If you have problems with these less serious side effects, talk with your doctor, nurse practitioner, or pharmacist:

- › nausea (feeling sick to your stomach), upset stomach, or mild diarrhea
- › gas
- › metallic taste in your mouth

If you have other side effects you think are caused by this medicine, talk with your doctor, nurse practitioner, or pharmacist.

Looking for more health information?

Find this pamphlet and all our patient resources here: <http://library.nshealth.ca/PatientGuides>

Contact your local public library for books, videos, magazines, and other resources.

For more information, go to <http://library.novascotia.ca>

Connect with a registered nurse in Nova Scotia any time: call 811 or visit <https://811.novascotia.ca>

Learn about other programs and services in your community: call 211 or visit <http://ns.211.ca>

Nova Scotia Health Authority promotes a smoke-free, vape-free, and scent-free environment.

Please do not use perfumed products. Thank you!

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The information is not intended to be and does not constitute health care or medical advice.

If you have any questions, please ask your health care provider.

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The information in this pamphlet is to be updated every 3 years or as needed.