

Metformin 500mg Immediate Release Tablets Information Sheet

Introduction

You have been prescribed metformin 500mg tablets to help control your diabetes.

Metformin improves your blood glucose control by:

- Slowing down the release of glucose stored in your liver
- Helping insulin carry glucose from your blood stream into muscle and fat cells more effectively

The most common side effects of metformin therapy are digestive problems, such as nausea (feeling sick), vomiting (being sick), diarrhoea, abdominal (tummy) pain, increased flatulence (wind) and loss of appetite. These side effects commonly happen at the beginning of treatment, but often reduce after a few weeks.

To avoid these side effects, it is best to take metformin with or after a meal, and to start on a low dose of Metformin, building up gradually to the dose recommended by your diabetes team.

Recommended titration

Please follow the guidelines below and dosing schedule overleaf:

- Step 1:** Take 1 x 500mg tablet daily after your evening meal for 2 weeks
- Step 2:** Take 2 x 500mg tablets each day for 2 weeks. You can take:
- 1 tablet with breakfast and 1 tablet with dinner or
 - 2 tablets with your evening meal
- Step 3:** Take 3 x 500mg tablets each day. You should take 2 tablets with breakfast and 1 tablet with your evening meal
- Step 4:** Take 4 x 500mg tablets each day. This should be 2 tablets with breakfast and 2 tablets with your evening meal.

Important information

Wait until your body has got used to the medicine before increasing the dose. Most people can increase the number of tablets every 2 weeks but it may take longer. If after an increase in dose you do experience unpleasant side effects, you may need to drop back to the previous dose. If side effects are not settling down after 2 weeks then make an appointment with a member of your GP Practice diabetes team rather than stopping your medication.

Starting metformin 500mg tablets and increasing your dose

	Breakfast	Lunch	Dinner	Bedtime
Week 1			⊖	
Week 2			⊖	
Week 3	⊖		⊖	
Week 4	⊖		⊖	
Week 5	⊖ ⊖		⊖	
Week 6	⊖ ⊖		⊖	
Week 7 Onwards	⊖ ⊖		⊖ ⊖	

Additional notes from your GP:

Document History

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