



You have been prescribed **METFORMIN** tablets to help improve your blood glucose control and enable the insulin produced by your pancreas to work more efficiently. Metformin works by allowing glucose to enter your cells (reducing insulin resistance) and by slowing down the release of glucose stored in your liver.

Metformin has also been shown to protect your heart.

You have been started on **METFORMIN 500mg** tablets but the dose should be gradually increased.



To reduce the risk of gastro-intestinal side effects to a minimum it is best to introduce Metformin slowly over the course of two months. Please follow the guidelines below.

Week 1 & 2: Take 1 tablet daily after your evening meal.

Week 3 & 4: Take 1 tablet after breakfast and 1 tablet after your evening meal.

Week 5 & 6: Take 1 tablet after breakfast and 2 tablets after your evening meal.

Week 7 & 8: Take 2 tablets after breakfast and 2 tablets after your evening meal.

Important information

If you experience any gastro-intestinal symptoms speak to your GP, pharmacist or a member of your practice diabetes team rather than stop the medication.

Prepared By:	Prepared By: Gill Dunn & Elaine Sharpe, Aylesbury Vale and Chilton CCG- Medicine Management Joint Executive Team, July 2013. Reviewed August 2021 by Gill Dunn, Diabetes Specialist Nurse, Buckinghamshire CCG
Approved By:	Buckinghamshire ICS Diabetes Reference Group: August 2021
Review Date:	August 2024