

METFORMIN FOR TYPE 2 DIABETES

Metformin is sold in Canada under the brand names of *Glucophage*® and numerous generics.

Metformin helps control type 2 diabetes by: improving the body's sensitivity to insulin, decreasing glucose production from the liver, and decreasing absorption of glucose by the intestine

Remember that this medicine will not cure your diabetes, but does help control it. You must continue to take it as directed, if you expect to lower your blood sugar levels and keep them in the desired range.

Teens often need a lower dose of metformin than adults do.

- (1) **Take metformin as directed with food. If you miss a dose, take it as soon as possible. Do not double your dose!**
 - if taking once daily, take with breakfast
 - if taking twice daily, take with breakfast and dinner
 - if taking three times daily, take with breakfast and dinner and at bedtime
- (2) **Check your blood sugar 2-4 times a day**
- (3) **Follow your meal plan**
- (4) **Exercise at least 30 minutes daily**
- (5) **Drink lots of fluids**

Fluid replacement: It is important to replace the water or fluid that your body uses. Passing a very low amount of urine may cause a build up of metformin and increase the chances of low blood sugar. Tell your doctor if you have less urine output than usual or severe diarrhea that lasts for more than 1-2 days.

Side-Effects may include: nausea, vomiting, diarrhea, abdominal bloating, and a metallic taste in your mouth. If you are having side-effects and they continue, please discuss with your doctor

Sick Days: If you are sick and vomiting with the flu, then stop your metformin. Restart when you are able to eat again. Drink lots of fluids to stay well hydrated with colds and flu.

Surgeries and X-Rays: If you are scheduled to have surgery or medical tests that involve X-rays, tell your doctor that you are taking metformin. Your doctor will instruct you about any change to your medications before procedures. Metformin should be stopped before surgeries and restarted when you're able to eat normally again. It should also be stopped before X-rays that require the use of iodine-containing contrast agents or dyes, and held for 48 hours afterward.

Pregnancy: Metformin is not used during pregnancy. If you are planning a pregnancy or become pregnant, you will need to be switched to insulin therapy.

Alcohol can increase the effect of metformin. This can keep your blood sugars lower for a long period of time and even cause hypoglycemia. Always have something to eat when you are drinking, or abstain!