

Metformin (met- for-min)

Metformin is a tablet given to people with diabetes to improve the way insulin works in the body, to keep blood sugar levels normal. The doctor will yarn with you about how often and how many tablets to give.

- Don't change the dose without yarning to the doctor.
- Take the amount the doctor prescribed.
- Healthy eating and doing exercise will help improve diabetes care.
- Take tablet with or soon after food.

Brands of metformin **immediate release** include - Diabex[®], Diaformin[®], Formet[®], Glucobete[®].

Brands of metformin **slow release** include - Diabex XR[®], Diaformin XR[®], Metex XR[®].

Metformin **slow release** must not be crushed or chewed.

Metformin is a safe medicine but sometimes there are side effects.



Upset tummy or diarrhoea/
running tummy or bloating



Metallic taste in the mouth



Feeling sick or vomiting

Tell the doctor if your child:

- has heart, liver or kidney disease
- needs to have scans using iodine / contrast
- drinks alcohol
- is pregnant
- needs to have major surgery
- has diarrhoea and/or vomiting
- is taking other medicines like Frusemide, Nifedipine or Cimetidine.

Yarn to your GP, health clinic or pharmacist if you have any worries or questions.



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Child and Adolescent Health Service

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formats on request for a person with a disability.**

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