



## Keeping our mob healthy

# Metformin (met- for-min)

Patient's Name: \_\_\_\_\_

Address: \_\_\_\_\_

DOB: \_\_\_\_\_

Metformin is a tablet given to people with diabetes to improve the way insulin works in the body, to lower the blood sugar levels. The doctor or nurse will yarn with you about the how to take the medication so it works for you.

The tablet may be big but it is the best medication to help you live the best life you can.



### Good to know

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

### Medication information

---



---



---

### Other suggestions - like monitoring glucose

---



---



---

Metformin is safe and you may have some side effects for the first few weeks but it should go away.



Upset tummy or diarrhoea/  
running tummy or bloating



Metallic taste in the mouth

If you have problems when taking metformin talk to your PCH diabetes team, don't stop taking the tablets.

**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.**



Government of **Western Australia**  
**Child and Adolescent Health Service**

**Child and Adolescent Health Service**

15 Hospital Avenue, Nedlands, WA, 6009.

Telephone: (08) 6456 2222

Produced by: Endocrinology and Diabetes / Social Work

Ref: 204.1 © CAHS 2021

**This document can be made available in alternative formats on request for a person with a disability.**

**Disclaimer:** This publication is for general education and information purposes. Contact a qualified healthcare professional for any medical advice needed.

© State of Western Australia, Child and Adolescent Health Service.

