

Medication Information Card

Metformin (Met – for – minn)

Other names for this medication

Glucophage[®]

There are many other names for this medication.

How this medication is used

This medication is used to treat Type 2 diabetes. It lowers the amount of sugar in your blood by helping your own insulin work better.

This medication is not insulin.

How to take this medication

Take this medication exactly as directed by your doctor or diabetes care provider.

It is best to take this medication with food or right after a meal.

If you miss a dose of this medication, take it as soon as possible. However, if it is almost time for your next dose, skip the missed dose and go back to your regular time. Do not take 2 doses at one time.

This medication works better when you follow a diet and exercise program. Your doctor or diabetes care provider may ask you to test your blood sugar while you are taking this medication.

Check with your doctor or pharmacist before you take over-the-counter medications.

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While taking this medication you may notice

- diarrhea
- loss of appetite
- nausea and vomiting
- heartburn
- headache
- dizziness
- metallic taste in your mouth

If these problems do not go away, contact your doctor or diabetes care provider.

While taking this medication you may notice

- dizziness
- headache
- a salty, metallic or unusual taste in your mouth

To avoid feeling dizzy, get up slowly when you have been sitting or lying down. If you feel dizzy, sit or lie down until you are no longer dizzy, then get up slowly.

When you are sick

When you are sick, you need to keep on taking Metformin. Blood sugars tend to go up on sick days. Test your blood sugar every 4 hours while you are feeling ill.

If you are not able to eat solid food, take sugary fluid every 1 to 2 hours:

- 1/3 cup gingerale, apple juice, kool-aid
- 1/2 popsicle
- 1/4 cup jello

If you vomit more than 2 times in 12 hours, contact your doctor or diabetes care provider for treatment.