

[Metformin]

Other Names: Glucophage; Glycon

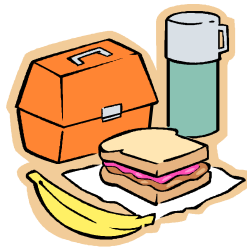


What it does:

- * Lowers blood sugar levels by helping the liver make less sugar
- * Helps the muscles use the sugar from the blood stream

How to take it:

- As often as your doctor prescribes and at the same time(s) every day
- Take metformin **with meals**



What to watch for:

- Metformin can cause nausea, diarrhea, or gas. Taking your pills with food can help with these symptoms.
- In some people, metformin can decrease absorption of folic acid and vitamin B₁₂
- Ask your doctor if you need to take a folic acid or vitamin B₁₂ supplement
- Contact your doctor if you are throwing up and cannot drink enough fluids. You may have to stop taking metformin until you are better



Who should not take metformin:

- People who consume alcohol (ask your doctor how much alcohol is safe to have)
- Women who are pregnant or are planning to become pregnant



For more information contact your health care provider

Reference:

Compendium of Pharmaceutical Specialties 2009 published by the Canadian Pharmacists Association Ottawa, ON.

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