



METFORMIN (GLUCOPHAGE™, FORTAMET™, GLUMETZA™)

You have been prescribed Metformin (brand names include: Fortamet, Glucophage, and Glumetza).

This can occasionally cause several side effects. The most common side effects seen with metformin include abdominal cramping, gas and occasionally diarrhea. These typically resolve within two weeks or so. Many people have **no problems** with side effects.

A **rare** side effect can occur in the setting a kidney failure. This condition is potentially fatal, so should you have a **decline in your kidney function**, or if you **have testing or procedures that may effect the kidneys, you should hold the medication during the testing or procedure time interval**. You can restart the medication once it is verified that your kidneys are functioning normally.

To help tolerate the medication without side effects:

- Begin with a single 500 mg pill after the largest meal of the day (usually dinner). Take this for 4 to 5 days.
- If minimal or no side effects, increase to 2 pills a day (one after breakfast and one after dinner). Take this for 4 to 5 days.
- Again if you are tolerating without side effects, increase to 2 pills in the PM and 1 pill in the AM. Take this for 4 to 5 days.
- If you are tolerating this, then increase to 2 pills in the AM and 2 pills in the PM.

****If you are on the XR (24 hour time release) tablets or Glumetza or Fortamet, you can take all the pills once a day with a meal.****

If you develop side effects, then do not continue to increase the dose. If they are mild, stay on your present dose until the side effects resolve; usually this happens within two weeks. If they are severe, decrease the medication to the last dose ou were on that you felt well on and remain at that dose for two weeks prior to trying to increase the dose again.