

Metformin Instruction Sheet

- Metformin will help improve your child's insulin resistance. Over time, this should help your child lose weight, and decrease the dark, thick skin on the neck and other parts of the body.
- When you first begin to take Metformin, it may cause gas, nausea, diarrhea, and cramps. As the body adjusts to the medication these symptoms will go away. It is very important that you not miss a dose or stop taking the medication.
- Metformin MUST be taken with a meal.
- Metformin may improve fertility, and assist in making menstrual cycles more regular. If your child is sexually active, please let us know. Your child must be on birth control if she is sexually active.
- You must take an age-appropriate multivitamin each day.

Reasons to Stop Taking Metformin:

- 1) Severe vomiting, diarrhea or dehydration
- 2) Sickness which causes him or her not to eat
- 3) High fever
- 4) Operation or procedure with general anesthesia
- 5) Dye injection for X-ray procedure
- 6) Breathing fast
- 7) Pneumonia or heart failure
- 8) Hospital admission
- 9) Pregnancy

Inform the diabetes clinic if you have a reason to stop taking Metformin.

Take Metformin as follows unless otherwise prescribed:

Week 1: Take one 500 mg tablet with evening meal

Week 2: Take one 500 mg tablet with breakfast, and one 500 mg tablet with evening meal

Week 3: Take one 500 mg tablet with breakfast, and two 500 mg tablets with evening meal

Week 4: Take two 500 mg tablets with breakfast, and two 500 mg tablets with evening meal

After week 4 continue with instructions of week 4 unless otherwise prescribed