

Metformin - Medication Guide

Your Prescription

Dosage: 500 mg

Frequency: Twice daily with meals

Route: Oral

Why You Are Taking This Medication

Metformin is used to control high blood sugar levels in people with type 2 diabetes. Controlling blood sugar helps prevent kidney damage, blindness, nerve problems, loss of limbs, and sexual function problems.

How This Medication Works

Metformin works by helping restore your body's proper response to insulin. It decreases the amount of sugar your liver makes and your stomach/intestines absorb. This helps lower blood sugar levels.

Important Instructions

- Take with meals to reduce stomach upset
- Do not crush or chew extended-release tablets
- Swallow tablets whole with a full glass of water
- Check blood sugar regularly as directed by your doctor

Common Side Effects

- Nausea or upset stomach (usually improves after a few weeks)
- Diarrhea
- Gas or bloating

- Stomach pain
- Metallic taste in mouth
- Loss of appetite

- Lactic acidosis (rare but serious): muscle pain, weakness, trouble breathing, stomach pain, feeling cold, dizzy, tired, or weak
- Signs of low blood sugar: shakiness, sweating, fast heartbeat, dizziness
- Vitamin B12 deficiency: numbness or tingling in hands/feet, unusual tiredness
- Allergic reaction: rash, itching, swelling, severe dizziness, trouble breathing

Foods to Avoid

- Avoid excessive alcohol consumption - increases risk of lactic acidosis and low blood sugar
- Limit foods high in simple sugars
- Maintain consistent carbohydrate intake

- Contrast dye used in imaging tests - stop metformin before and after procedure
- Diuretics (water pills)
- Corticosteroids
- Other diabetes medications

Store at room temperature between 68-77°F (20-25°C) away from light and moisture. Do not store in the bathroom. Keep out of reach of children and pets.

If you miss a dose, take it as soon as you remember with food. If it is almost time for your next dose (within 2-3 hours), skip the missed dose and continue with your regular schedule. Do not take two doses at once.

Information Sources

This guide was generated using data from: FDA Drug Information, User-provided information

*This document is for educational purposes only and does not replace professional medical advice. Always consult with your healthcare provider for medical questions or concerns.
Generated by AI Nurse Florence on October 01, 2025*