

Metformin

What is Metformin used for?

- Metformin is a medication that is used to treat diabetes and obesity in kids, teens, and adults. It has been approved by the Food and Drug Administration (FDA).

How does this medication work?

- Metformin helps your body use insulin (a hormone) better. This results in lower blood sugar. It also slows down the rate that food leaves your stomach. Together, these actions help you feel less hungry.

How should I take this medication? (Medication should be taken every day)

For 1st week	At dinner: Take 500mg Metformin by mouth (with a meal)
For 2nd week	At breakfast: Take 500mg Metformin by mouth (with a meal) AND At dinner: Take 500mg Metformin by mouth (with a meal)
For 3rd week	At breakfast: Take 500mg Metformin by mouth (with a meal) AND At dinner: Take 1000mg Metformin by mouth (with a meal)
For 4th week (Final Dose that you will continue until you see the doctor next)	At breakfast: Take 1000mg Metformin by mouth (with a meal) AND At dinner: Take 1000mg Metformin by mouth (with a meal)

What are the side effects?

The most common side effects of Metformin include:

- nausea
- vomiting (throwing up)
- decreased appetite
- indigestion (pain or discomfort in the stomach after eating)
- constipation (hard to poop or not often enough)

Metformin may make your stomach feel upset. To avoid that:

- Eat smaller meals and eat slower. This means eat about half of what you usually eat and take about 15 – 20 minutes to eat your meal.
- Take metformin with food to decrease the chance your stomach will be upset.
- Eat small meals or snacks throughout the day instead of one large meal.
- Add fruits, vegetables, whole grains and lean proteins to meals and snacks.
- Limit foods that are spicy, greasy or fried.
- Limit packaged snacks like cookies, chips, cakes, doughnuts, ice cream.
- Drink water instead of sweet drinks like soda, lemonade, sports drinks.
- Avoid alcohol
- Pay attention to how you are feeling when you eat. When you feel full: stop eating. This will give your stomach time to empty.

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- Usually, the nausea goes away. If it doesn't, please call us. We can help you find ways to decrease the nausea.

Will I have low blood sugar if I take this medication?

There is a small chance you may have some low blood sugar after taking the medication. (Note: If you are also taking insulin, your doctor may recommend adjusting your insulin dose to avoid low blood sugars.)

The signs of low blood sugar are:

- weakness
- shaky
- hungry
- sweating
- confusion

How much Metformin do I take?

To reduce the side effects, it is recommended to *slowly increase* the dose of Metformin until you reach the dose that has been ordered by your medical team.

When do I call the clinic?

- Call the clinic if you are experiencing any upset stomach symptoms such as:
 - diarrhea (loose or liquid poop more than 1 time per day)
 - nausea
 - stomach pain you cannot tolerate

****DO NOT** stop taking this medication unless you are told to do so by a weight management team member.

Who do I call if I have questions or concerns?

Endocrine Clinic	323-361-4606
Office Hours	Monday – Friday, 8:30 a.m. to 4:30 p.m.
Who do I call after office hours?	Call 323-361-2403, ask for the endocrinologist on call