











**Patient Information** – Starting Metformin & Increasing dose

- Metformin can, in some patients, cause side effects such as nausea, wind, or diarrhoea – the chance of experiencing these side effects can be reduced by taking the tablets with food and starting with a low dose and increasing gradually.
- Always take in the middle of a meal – never on an empty stomach.
- Start with **ONE** tablet (500mg) in the middle of your **main meal** of the day.
- If you get on well with this dose, and have no significant side effects after 1-2 weeks, increase to **ONE** tablet with **each of the 2 main meals** of the day.
- If you get on well with this dose, and have no significant side effects after 1-2 weeks, increase to **TWO** tablets (=1000mg) **with the main meal** and **ONE with the second largest meal**.
- If you get on well with this dose and have no significant side effects after another 1-2 weeks, increase to **TWO** tablets **with the 2 main meals** of the day.
- If you get on well with this dose and have no side effects, carry on taking 2 tablets twice a day, unless advised by your doctor or nurse to change your dose.
- If after a dose increase you start to experience significant side effects, cut down to taking the last dose you got on well with. Do not stop taking this medication without discussing this with your doctor or nurse.

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	BREAKFAST	LUNCH	DINNER	BEDTIME
Week one				
Week two				
Week three				
Week four				
Week five				
Week six				
Week seven onwards	