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Diabetes and Metformin during pregnancy

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Issue No: 1
Editorial Board No: 0915/10
Review date: June 2012

Introduction

You have Type 2 diabetes or have been diagnosed with Gestational Diabetes and prescribed Metformin 500 mg tablets.

Metformin is also known as Glucophage and may be prescribed in the following forms: Glucophage MR, Glucophage SR or Bolamyn SR.

Metformin tablets will help reduce your blood sugar level.

Taking Metformin tablets

- Take Metformin **with or just after** your meal
- If you miss a dose by more than one hour, take it with your next meal.

Begin with one tablet a day and this will be increased slowly to four tablets a day. Follow the guide below

Day 1 Take one tablet with your evening meal,

If you have no ill effects, continue taking it for two more days

Day 4 Take one tablet with your breakfast and one tablet with your evening meal.

If you have no ill effects, continue taking them for two more days.

Day 7 Take one tablet with your breakfast and two tablets with your evening meal.

If you have no ill effects, continue taking them for two more days.

Day 10 Take two tablets with your breakfast and two tablets with your evening meal.

If you have no ill effects, continue until you are seen at your next ante-natal appointment

Side effects

You may experience slightly more wind or nausea when you start taking Metformin. This generally settles in the first few days.

A small number of patients may suffer from more severe ill effects when taking Metformin. These include stomach cramps, abdominal pain, diarrhoea or vomiting.

If you suffer with any of the above symptoms follow the advice below:

- **If you are taking one tablet a day** STOP taking the tablet and contact your diabetes nurse or midwife.
- **If you are taking more than one tablet a day**, and suffer ill effects after an increase in the number of tablets you are taking, return to your previous dose and contact your diabetes nurse or midwife.

If you have already been on Metformin previously you may be changed to the equivalent dose of Glucophage MR or SR, or Bolamyn SR without the need for a gradual increase in dose as described in this leaflet.

If you have any concerns regarding your medication please contact the diabetes team.
(contact details overleaf)