

## How to take Metformin

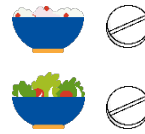
### Day 1

Start taking one tablet with your evening meal.  
Take the tablet halfway through, or at the end, of the meal.



### Day 2

Take one tablet with breakfast and one with dinner.



### Over the next 3-4 days

If the blood sugar is higher than we recommend, the tablets should be increased to two tablets with breakfast and two tablets with dinner.



A further tablet can be taken with lunch so that in total, five tablets a day can be taken.

The number of tablets you take in a day can be increased over several days if you have no problems taking them. This is the case for most women. If you have side effects, increase them over a week or two (see below).

## Tummy upsets

A few women experience a tummy upset with the tablets. This usually settles within a few days. If you have any tummy upset, the tablets need to be increased slower. Stay on one or two tablets a day until you discuss this with the diabetes midwife or one of the doctors.

If the tummy upset is severe (this is rare) you may have to stop the tablets, but most women find they can stay on the tablets at a low dose.

## Tablet dose

Some women will find blood sugars are well controlled on a lower dose of tablets. In this situation, you do not need to keep increasing the dose. Talk about your medication increases and progress with the diabetes midwives. They will be in contact with you regularly.

The tablets should be continued until you are in established labour or, if you are having a caesarean section, when you are told to stop eating. They are not usually continued after delivery.

Remember, the tablets do not make your blood sugars levels drop too low.

## When to stop use

You should stop use if:

- you become unwell with a vomiting illness,
- you have a serious infection, or
- you develop preeclampsia.

You may require insulin instead. Also, we prefer to use insulin if there is a problem with the placenta and your baby is not growing as well as they should.