

METFORMIN INSTRUCTION SHEET

Metformin will help improve your child's insulin resistance. Over time, this should help your child lose weight, and decrease the dark, thick skin on the neck and other parts of the body.

When you first begin to take Metformin, it may cause gas, nausea, diarrhea, and cramps. As the body adjusts to the medicine, these symptoms will go away. It is very important that you do not miss or stop taking the medication.

Metformin may improve fertility, and assist in making menstrual cycles more regular. If your child is sexually active, please let us know. Your child must be on birth control if she is sexually active.

You must take a multivitamin, such as "Centrum A to Zinc", each day.

Reasons to stop taking Metformin:

1. Severe vomiting, diarrhea or dehydration
2. Sickness which causes him or her not to eat
3. High fever
4. Operation or procedure with general anesthesia
5. Dye injection for X-Ray procedure
6. Breathing fast
7. Pneumonia or heart failure
8. Hospital admission
9. Pregnancy

Take Metformin as follows:

Week 1 Take one 500 mg tablet with supper

Week 2 Take one 500 mg tablet with breakfast, and one 500 mg tablet with supper

Week 3 Take one 500 mg tablet with breakfast, and two 500 mg tablet with supper

Week 4 Take two 500 mg tablet with breakfast, and two 500 mg tablet with supper