

Metformin (Glucophage®)
Alameda County Behavioral Health Care Services

Client's Name: _____ **Date** _____

Initial Medication Instructions: _____

What does this medication help to treat?

- Weight gain associated with antipsychotic medications in individuals with or without high blood sugars (not an FDA approved use)
- Diabetes Mellitus Type 2 (FDA approved use)

Other information:

- Take this medication with food to ease the stomach side effects
- This medication can take up to several weeks-months to achieve maximum results
- This medication may prevent additional weight gain associated with an antipsychotic and may cause weight loss in some individuals
- This medication also works in the body by lowering blood sugar but will not cause dangerously low or sudden drops in sugar levels on its own
- Inform all your prescribers that this medication is prescribed for weight gain even in individuals without high blood sugars or Diabetes Mellitus

Side Effects and Management

Common (greater than 10 in 100 clients taking this medication)

Nausea	Take with food. Typically goes away within 1 week.
Diarrhea	Take with food. Typically goes away within 1 week.

Uncommon (~1 in 100 clients taking this medication)

Chest discomfort Palpitations	Consult prescriber if this continues to be a problem.
Headache Dizziness	Usually temporary. Consult prescriber if this continues to be a problem.
Rash	Consult prescriber if this continues to be a problem.
Low Vitamin B12	Consult your prescriber who may offer vitamin supplementation.
Numbness in hands or feet	Consult your prescriber.
Concentration problems	Consult your prescriber.
Weakness	Consult your prescriber.
Myalgia / muscle pain	Consult your prescriber.

Rare (Less than 1 in 100 clients taking this medication)

Call your prescriber immediately if your experience any of these:

- Breathing heavily, short of breath, fruity breath/taste in mouth and confusion. These could be signs of a condition called lactic acidosis.
- Increasing fatigue, numbness or tingling in hands and feet and changes to your tongue are signs of a treatable condition called megaloblastic anemia.

Note: This information is not intended to cover all possible uses, precautions, interactions, or adverse effects for this medication. If you have further questions about the medications you are taking, check with your prescriber.