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VITAL HEALTH SOLUTIONS

Metformin Medication Information (Glucophage, Glucophage XR)

Metformin belongs to a class of drugs called “biguanides.” This medication helps control blood glucose levels, lipid profile markers & has other favorable health benefits (e.g decreasing some forms of cancer, delayed aging & reduction in uveitis-a leading cause of blindness). **Take as prescribed.**

Significance of Metformin :

- * Decreases glucose production from the liver
- * Decreases A1c by 1-2%, with most effect on fasting blood glucose vs post-prandial
- * Improves insulin sensitivity by increasing the uptake and utilization of glucose by fat & muscle cells
- * Causes reduction of triglycerides (16%), LDL (8%), total cholesterol (5%) and an increase in HDL (2%)
- * Weight neutral or causes small weight loss, without causing low blood glucose

Potential Side Effects that can occur:

Doses that are Available:

- * Glucophage 500 mg, 850 mg, and 1000 mg tablets
- * Initial dose 500 mg; increase dose by 500 mg per week if tolerated
- * Max dose of Glucophage 2550 mg XR (850 mg three times per day)
- * Max dose of Glucophage XR 2000 mg
- * Range of doses 500 mg-2500 mg/day with greatest FPG reduction at 2000 mg/day
- * Less side effects with XR-do not crush or chew
- * Upset stomach * Loss of appetite * Diarrhea
- * Unpleasant metallic taste * Most resolve quickly

Important Facts to Know about Metformin:

- * Should be taken after meals, usually with morning and evening meal
- * Generally not recommended in pregnancy or breastfeeding
- * Do not use with renal or active liver disease
- * Doses of 1500 mg-2500 mg/day favors weight loss, improved blood lipids, and blood pressure
- * May cause some drug interactions, so tell all healthcare providers what medications you take
- * Extreme caution with alcohol
- * If testing with radiographic dyes, discontinue use 48 hours before and after
- * Associated with reduction in vitamin B-12, coenzyme Q10, folate & gut microflora, therefore consider supplementation in accordance with your healthcare specialists recommendations
- * Test renal function before beginning use
- * If CrCl is <60 ml/min can give 500 mg twice per day and monitor lactate levels
- * Contraindicated for serum creatinine levels of: > 1.4 mg/dL for women & > 1.5 mg/dL for men