

Metformin, Made Simple

Immediate-release and extended-release tablets • Type 2 diabetes treatment

TAKE IT WITH FOOD. KNOW WHETHER YOUR TABLET IS IMMEDIATE-RELEASE OR EXTENDED-RELEASE.

Metformin helps lower liver glucose production and improves the body's response to insulin. It is often continued alongside newer diabetes medicines or insulin. Stomach effects are common early, but kidney function, vitamin B12, serious illness, and certain contrast-imaging procedures require special attention.

1. Take it with food

Food reduces nausea and diarrhea. Follow the meal named on your label.

2. Know IR versus ER

Immediate-release and extended-release schedules differ. Do not swap them on your own.

3. Swallow ER tablets whole

Do not crush, cut, or chew extended-release tablets unless your exact product instructions allow it.

4. Increase slowly

Dose increases are usually gradual to improve stomach tolerance.

5. Protect your kidneys

Keep kidney tests and call during severe vomiting, diarrhea, dehydration, or serious illness.

6. Know lactic acidosis

Severe weakness, unusual sleepiness, breathing trouble, abdominal symptoms, or feeling very cold need urgent evaluation.

Immediate-release versus extended-release

Immediate-release (IR): often taken with meals one or more times daily according to the prescription.
Extended-release (ER/XR): commonly taken once daily with the evening meal, but follow your specific label. Swallow whole.

Some ER tablet shells may appear in stool after the medicine has been released. Ask the pharmacist if you are unsure.

Contrast imaging: some patients need metformin held for iodinated contrast and restarted only after kidney function is confirmed stable. Follow the radiology or prescriber instructions.

CALL PROMPTLY

- Diarrhea or nausea that is persistent or worsening
- Unable to eat or drink normally
- Vomiting, severe dehydration, or much less urine
- Numbness, tingling, anemia, or unusual fatigue that may suggest low B12
- A planned contrast scan, surgery, or serious illness

GET URGENT HELP

- Severe weakness, unusual sleepiness, or confusion
- Fast or difficult breathing
- Persistent vomiting or severe abdominal symptoms
- Feeling unusually cold, faint, or very dizzy

HOW FAIRVIEW HELPS

- Confirm IR versus ER and the meal schedule
- Review kidney function and contrast instructions
- Help manage stomach effects without unsafe dose changes
- Check vitamin B12 and refill continuity

My Metformin Guide

Simplified refrigerator guide

MY PERSONAL PLAN

My product: IR or ER/XR

My tablet strength

Tablets per dose

Meals or times taken

Next kidney test

Next A1C

Vitamin B12 follow-up

THE RULE I MUST REMEMBER

Take metformin with food and follow the exact IR or ER schedule on the bottle.

Do not double a missed dose. Ask before changing the formulation or crushing an extended-release tablet. Follow special instructions for contrast scans, surgery, dehydration, or serious illness.

CALL MY PRESCRIBER OR FAIRVIEW FOR

- Persistent diarrhea, nausea, or inability to eat
- Vomiting or dehydration
- A planned contrast study or surgery
- Reduced urine or worsening kidney function
- Tingling, anemia, or unusual fatigue

GET URGENT HELP FOR

- Trouble breathing
- Severe weakness, sleepiness, or confusion
- Feeling very cold, faint, or severely dizzy
- Persistent vomiting with severe abdominal symptoms

FAIRVIEW PHARMACY
500 Katie Avenue, Hattiesburg, MS 39401
601-544-4871

KEEP THIS GUIDE WITH MY MEDICATIONS
Bring it to appointments and update it when my dose, schedule, or other medicines change.