



Metformin Treatment In Pregnancy A Safe Choice for Mothers With Diabetes

Patient Information Leaflet

July 2019

Glucose levels can be improved by eating a healthy diet and being more active. For some women however, these changes may not be enough and medication will be required.

Evidence shows that metformin is safe and effective to use in pregnancy for the mother and her unborn baby.

Metformin can be used on its own and may reduce the chances of some women requiring insulin. However, some women may require metformin and insulin, but the amount of insulin needed may be lower.

The use of metformin in pregnancy is recommended by www.nice.org.uk/guidance - Clinical Guideline NG3 Diabetes in Pregnancy
For further information visit www.diabetes.org.uk

Contact us:

Diabetes Specialist Midwife – 0161 922 4891

Diabetes Specialist Nurse – 0161 366 2354

Maternity Triage – 0161 922 6175

Diabetes Email – tga-tr.anc@nhs.net

How is Metformin MR prescribed?

- Metformin MR (modified release) 500mg tablets
- The starting dose is usually one tablet (500mg) taken with the main meal. This is generally increased every 4 days to a maximum of four tablets per day depending upon the blood glucose levels. You will be advised by the Diabetes Team
- Maximum dose is usually 1-2 grams - daily in divided doses to be taken **with food**. Do not crush, chew or break your tablets. Swallow the tablet whole.

How Metformin Works:

- Makes you more sensitive to the insulin that your body produces.
- Reduces production of extra glucose by your liver.
- Reduces the amount of glucose absorbed by your intestines.
- It should be used together with a healthy diet and regular exercise.

Benefits:

- There is strong evidence to suggest that Metformin is **SAFE** to use in pregnancy. (National Institute for Health and Care Excellence 2015).
- Provides women with gestational diabetes another treatment option other than insulin.
- Does not cause hypoglycaemia (low glucose levels).
- May reduce the risk of hypoglycaemia for babies in the first 24hrs after birth.
- Lower insulin doses may be required.

Possible side effects of Metformin:

- Some people may experience stomach upsets such as nausea, indigestion, diarrhoea and loss of appetite. This usually settles after a few days of starting metformin treatment.
- Side effect can be reduced by taking metformin with food, starting at a low dose and gradually increasing as advised. If these symptoms continue contact

your diabetes team for advice. **DO NOT** stop taking your metformin treatment without first seeking advice from your healthcare team.

Date	Day	With Breakfast	With Lunch	With Evening Meal
	1			
	4			
	8			
	12			

If you have any questions you want to ask, you can use this space below to remind you

If you have a visual impairment this leaflet can be made available in bigger print or on audiotape. If you require either of these options please contact the Patient Information Centre on 0161 922 5332

آپنی ہدی اہی تہا پڑتے ہا بڑھتے نا پائےن، تاہلے انگریز کرے ا تھنیک ہلڈتھ ڈیمیر ساہے ڈیلیفونے یوگااےوگ بڈنن 0161 331 5149/5150 اہی ناہارے، تھن تارا آپناکے ساہاا کرے پائےہے ۔

آپو آہا آہ ماہلیتی پانہی ڈ ناہلہ ماہلی لہلی تو ڈرہا ڈہی، اہتہلی ڈ ڈےتہ ڈیہلے
0161 331 5149/5150 لہلہ پل ہا پڈ ناہلے تےآہ آہلے ڈنہ ڈہے ڈہے۔

اگر یہ معلومات پڑھ نہیں سکتے ہیں یا آپ کو اس کی سمجھ نہیں آتی ہے تو براہ مہربانی ہیلتھ ٹیم کے ساتھ ٹیلی فون نمبر
0161 331 5149/5150 پر رابطہ کریں تو وہ آپ کی مدد کر سکیں گے۔

Document control information

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