



## Metformin: What Patients and Families Need to Know

### **Why has your provider recommended metformin for you/your child?**

You/your child is taking one of the following medications that may be associated with weight gain:

|                                 |                                  |
|---------------------------------|----------------------------------|
| Zyprexa (Olanzapine)            | Risperdal, Consta (Risperidone)  |
| Seroquel (Quetiapine)           | Abilify, Maintena (Aripiprazole) |
| Clozaril, FazaClo (Clozapine)   | Geodon (Ziprasidone)             |
| Fanapt (Iloperidone)            | Latuda (Lurasidone)              |
| Invega, Sustenna (Paliperidone) | Saphris (Asenapine)              |
| Rexulti (Brexipiprazole)        | Vraylar (Cariprazine)            |

### **What is Metformin?**

Metformin is a medication that may help prevent or reverse weight gain and health complications that might happen from being overweight. Metformin was approved over 20 years ago and has been proven to be a safe and effective medication.

### **How is metformin dosed?**

Metformin is typically taken twice a day. You should always take this medication with food to reduce the chance of gastrointestinal side effects, like stomach aches. Eating smaller and more frequent meals may also help. Remember, diet and exercise are both extremely important in keeping weight off in addition to metformin therapy.

### **What are side effects of metformin?**

*Common: Nausea, loose stools, abdominal pain*

*Rare: Increase in level of acid in the body, breathing issues*

### **What do I do if side effects occur?**

Stop taking metformin and call your doctor if you have severe side effects. Let your doctor know if you feel sick or think you are having a side effect while taking metformin. Switching forms of metformin, taking it with food, or lowering the dose may reduce side effects. We increase the dose of metformin slowly, which has been shown to decrease these side effects, which mostly disappear over time.

### **Who should not take metformin?**

Patients with kidney disease or liver disease cannot take this medication. Talk to your doctor if you think you/your child might be pregnant or want to become pregnant.

Talk to your doctor if you/your child will be having a radiological procedure, like an x-ray or an MRI. You/your child may need to stop taking metformin around the time of certain procedures.

### **How much does metformin cost?**

Metformin is free at Meijer in the greater Cincinnati area and free at Shop Rite and Price Chopper in the NY area.

**Write down you/your child's metformin dose here:** \_\_\_\_\_