



Your Metformin Dose

Helping you meet your blood glucose goals

This handout gives steps to follow when taking metformin to treat your diabetes.

How much metformin do I take?

Your doctor will start you on a low dose of metformin, about 500 mg a day. Over the next few weeks, your dose will slowly increase. You will add another 500 mg tablet every 2 to 4 weeks. Your goal is to reach a dose of 2,000 mg a day.

How do I take it?

Take metformin with a meal. This will help reduce side effects.

Your Dose Schedule

Your schedule depends on whether you are taking regular or extended release metformin.

Regular Metformin

Always take your dose with food.



Talk with your provider if you have any questions about your metformin dose or side effects.

Step 1	Step 2	Step 3	Step 4	Highest dose
Take one 500 mg tablet. Take it at the same time every day, either in the a.m. OR the p.m. (as your provider instructs).	Add a 2nd 500 mg tablet to your daily dose. Your dose is now: 1 tablet in the a.m. AND 1 tablet in the p.m.	Add a 3rd 500 mg tablet to your daily dose. Your dose is now: 1 tablet in the a.m. AND 2 tablets in the p.m.	Add a 4th 500 mg tablet to your daily dose. Your dose is now: 2 tablets in the a.m. AND 2 tablets in the p.m.	2,000 mg

Extended Release Metformin

Always take your dose with food.

Step 1	Step 2	Step 3	Step 4	Highest dose
Take one 500 mg tablet. Take at the same time every day, either in the a.m. OR the p.m. (as your provider instructs).	Add a 2nd 500 mg tablet to your daily dose. Your dose is now: 1,000 mg a.m. OR p.m.	Add a 3rd 500 mg tablet to your daily dose. Your dose is now: 1,500 mg a.m. OR p.m.	Add a 4th 500 mg tablet to your daily dose. Your dose is now: 2,000 mg a.m. OR p.m.	2,000 mg

What to Expect

Side Effects

When you first start taking metformin, you may have bloating, loose stools, or an upset stomach. To reduce these side effects, take your metformin dose with meals.

Over time, these side effects will usually ease. If they do not, talk with your provider or another member of your healthcare team.

Follow-up

- After you have been taking metformin for **2 weeks**, call your provider or care team, or send them an eCare message. Tell them your current metformin dose and if you are having any side effects.
- Your provider or care team may increase your dose every 2 to 4 weeks. Our goal is for at least half of your fasting blood glucose levels to be less than 130 mg/dL.
- Make a follow-up appointment for **3 to 6 months** after you start taking metformin. Your A1C needs to be checked at this time. This will help your provider to see if your blood glucose goals have been met. If you are not at goal, you may need more medicine changes.
- If you are taking metformin and need to have a procedure such as a colonoscopy or an X-ray where dye is injected, you will need to stop taking metformin briefly. If you will be having one of these procedures, tell your healthcare team that you are taking metformin and ask for instructions.

Questions?

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.
