

## WHAT IS METFORMIN?

Metformin is a drug prescribed to manage blood sugar levels in people with type 2 diabetes. Metformin is taken orally (by mouth) as a pill. According to research, **metformin can also help some people lose weight**, possibly by reducing your appetite. It may also change the way your body stores and uses fat.

## HOW TO BE SUCCESSFUL WITH METFORMIN

- Take your medication each day, as prescribed
- Continue to watch what foods you eat and how much you eat
- Be active – as much as you are able
- Continue to manage other related health conditions like diabetes



**Taking the drug without following other healthy habits may not lead to weight loss. Individuals who follow a healthy diet and exercise while taking metformin tend to lose the most weight.**

## WHAT TO EXPECT WHEN STARTING METFORMIN

It is very common to experience an upset stomach or other GI symptoms such as cramping, nausea, gas, diarrhea, and/or vomiting when starting metformin or increasing your dose. Nausea and other GI symptoms generally decrease or go away as you adapt to the dose of medication. You can take metformin with food to help reduce nausea as well as focusing on eating smaller, more frequent meals.

Call your provider if nausea, diarrhea, or other GI symptoms continue to bother you.

