

METFORMIN INFORMATION

Metformin is a medication used for diabetes that helps to sensitize the liver to the signaling action of insulin. The liver plays a primary role in regulating blood sugar levels overnight or when fasting. It does this by taking up excess sugar from the blood or releasing sugar into the bloodstream. Insulin signals the liver to take up blood sugar to be used as a fuel source. Metformin lowers blood sugar levels by helping the liver become more sensitive to the action of insulin. Metformin works best when given at meal time. Taking too much metformin can cause stomach upset, bloating, gas and diarrhea. That's why when I start someone on this medication, I have them take 1 per day for 1-2 weeks, then twice a day for 1-2 weeks, then 3 times a day for 1-2 weeks, then 2 at breakfast and 2 at dinner. You're less like to have problems with it if you build up the dose gradually. Metformin is otherwise generally well tolerated. However, it can accumulate in the body in people with kidney insufficiency or kidney failure. In those people we usually have to stop the metformin. If you have problems with a medicine, please make sure you let me know.