Any questions or comments? The space below is for you to record any questions or concerns you want to discuss with your health care team.

For further information visit www.diabetes.org.uk
Leaflet updated January 2016. DAPS – Diabetes And Pregnancy Specialists
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Leaflets can be viewed and printed from www.preg.info
With acknowledgment to Diabetes in Pregnancy Advisory Group

Original leaflet developed June 2012.



Metformin Treatment In Pregnancy



A Safe Choice for Mothers with Diabetes

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 UK national guidelines. (NICE 2015)

Useful website

www.nice.org.uk/guidance

Clinical Guideline NG3 Diabetes in Pregnancy

Metformin is available as:

- Metformin 500mg or 850 mg tablets.
- Metformin SR (sustained release) 500 mg, 750 mg and 1000mg tablets.
- As a dispersible powder and can be taken as a liquid.

Dose: 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 either with food or just after eating, starting at a low dose and gradually increasing as advised. If these symptoms continue contact your diabetes team or your GP for advice. DO NOT stop taking your metformin treatment without asking advice from your healthcare team.

Dose planning:

With	With Lunch	With
Breakfast		Evening meal