

Metformin Information Sheet

Metformin is not FDA approved for weight loss, but some patients find it beneficial. Studies have shown that metformin produces durable weight loss and decreasing food intake is the primary weight loss mechanism. Individuals who follow a healthy diet and exercise plan generally lose the most weight while taking Metformin.

Possible Side Effects

Possible side effects of Metformin include: diarrhea, nausea, vomiting, gas, bloating, weakness, muscle pain, abdominal pain, low B12 levels, chest pain, dizziness and heartburn. This is not a complete list of side effects and others are possible.

Interactions

Serious interactions with Metformin can occur with contrast media and alcohol.

Contraindications

Contraindications to Metformin include chronic heart failure, metabolic acidosis, abnormal kidney function, diabetic ketoacidosis and allergy/hypersensitivity.

General Information

Drink plenty of water and avoid dehydration while taking Metformin.

Metformin has also been shown to have a beneficial effect on lipids with approximately 10% reduction in triglyceride, 10-15% reduction in “bad cholesterol” (LDL) and 7% increase in “good cholesterol” (HDL).