

*Better
Together*

Patient information

Starting Glucophage SR

Directorate of Diabetes and Endocrinology

Glucophage SR may also be known as Metformin M/R (modified release).

What does SR mean?

SR is an abbreviation for sustained release. This means that the effect of the tablet is slow and even release over a prolonged period of time. In the case of Glucophage SR each tablet will be active for approximately twenty-four hours.

The minimum and maximum dose

The dose will vary from person to person, however the total daily dose ranges from 500 – 2000mg.

How does Glucophage SR work?

Glucophage SR tablets work in two ways. In the first instance it helps to prevent the liver from producing its own glucose. Its other beneficial effect is that it encourages insulin to carry glucose from the blood into the muscle and fat cells more efficiently.

Side effects

As with any medication there can be side effects. For Metformin M/R these can include:

- Upset stomach
- Nausea
- Diarrhoea
- Metallic taste in the mouth.

These effects are reduced if the dose of Metformin is slowly increased once treatment is started and tablets are taken with or immediately after food.

Glucophage (Metformin) is the only medication in its class, this means that unfortunately if a person can not tolerate metformin or metformin M/R there is no other medication in this class that can be used. A different type of diabetes medication may have to be used instead. If you would like more information about different types of diabetes medication speak to your family doctor (GP) or diabetes team.

What effect will Glucophage SR have on my insulin doses or other diabetic tablets?

When Glucophage SR is used it usually has a lowering effect on insulin requirements. This effect is usually seen once two tablets of Glucophage SR 500mg or more are taken on a daily basis.

This may just result in an improvement in your diabetes control, but on some occasions you may need your other diabetic medication or insulin therapy reduced if your blood glucose levels become too low.

Dosage Schedule for Glucophage SR taken once a day.

Glucophage SR should be increased every two weeks.

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| Week 1 | Take one tablet of Glucophage SR 500mg with your evening meal. |
| Week 3 | Take two tablets of Glucophage SR 500mg with your evening meal. |
| Week 5 | Take three tablets of Glucophage SR 500mg with your evening meal. |
| Week 7 | Take four tablets of Glucophage SR 500mg with your evening meal. |

Alternative dosage Schedule for Glucophage SR taken twice a day

- Week 1** Take one tablet of Glucophage SR 500mg with your evening meal.
- Week 3** Take one tablet of Glucophage SR 500mg with your breakfast and one tablet of Glucophage SR 500mg your evening meal.
- Week 5** Take one tablet of Glucophage SR 500mg with your breakfast and two tablets of Metformin MR 500mg with your evening meal.
- Week 7** Take two tablets of Glucophage SR 500mg with your breakfast and two tablets of Metformin MR 500mg with your breakfast.

Further information

If you want any further information or have any problems with your dosage then please contact the diabetes nurses, your pharmacist or GP (General Practitioner).

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