



QUM Blast



METFORMIN

COMMON BRANDS:

Diabex, Diabex XR, Diaformin, Diaformin XR, Formet, Glucobete, Metex XR.

WHAT IT DOES:

Metformin works to lower blood glucose levels.

It does this by:

- Decreasing glucose production in the liver.
- Increasing utilisation of glucose in the peripheries.

WHEN TO USE:

If not contraindicated, metformin is generally considered first-line therapy for type II diabetes after lifestyle modifications have been trialled.

WHAT CAN GO WRONG:

Metformin use is cautioned in renal impairment with reduced doses usually required.

Potential adverse effects include:

- ❖ GI – nausea, vomiting, anorexia, diarrhoea
- ❖ Vitamin B12 malabsorption
- ❖ Lactic acidosis:
 - Early signs – anorexia, nausea, vomiting
 - More progressed stages – malaise, respiratory distress, increasing somnolence

Does not cause hypoglycaemia when used alone.

HOW TO ADMINISTER:

- Give with or soon after food to minimise GI adverse effects.
- The controlled release preparation of metformin needs to only be given once daily (usually with dinner).
- This controlled release preparation should NOT be crushed.

Higher BSLs than otherwise be acceptable may be indicated in the elderly to lessen the risk of hypoglycaemia.

QUALITY USE OF MEDICINES:

JUDICIOUSLY

- ✓ Encourage lifestyle modifications such as a healthy diet and regular exercise.

APPROPRIATELY

- ✓ Ensure indication - diabetes.
- ✓ Monitor for and minimise risk of complications associated with diabetes (e.g. appropriate foot care, regular eye tests...)

SAFELY

- ✓ Monitor for adverse reactions.

EFFECTIVELY

- ✓ Monitor BSLs and report any 'hypos' or worsening control of BSLs – the doctor may initiate a diabetes management plan, which outlines the level of 'highs' or 'lows' that would warrant contacting the GP.
- ✓ The doctor may monitor HbA1c (a blood test to determine diabetic control over the previous 3 months).



CHOICE AGED CARE

