

When should I stop taking metformin?

The tablets should be continued until you are in labour or, if you are having a caesarean section, when you are told to stop eating. They are not usually needed after your baby is born.

You should also stop the metformin if you become unwell with:

- a vomiting illness
- or a serious infection
- or preeclampsia

If you become unwell with any of the above conditions, contact your diabetes midwife. You may need to swap to insulin.

Don't forget to tell your diabetes midwife that you have stopped it.



Metformin treatment in pregnancy

Information you need to know

Taking metformin tablets will help your body control your blood sugars better and lead to a safer pregnancy for you and your baby.

Metformin can pass through the placenta to the baby however there is no evidence to suggest that metformin is harmful to your baby.

What is my blood sugar goal?

Before breakfast:

2hrs after a meal:

Do I have to take metformin?

Metformin has been prescribed for you in order to help lower the level of sugar in your blood. If you do not want to take metformin you can choose to start insulin instead.

About 4 in 10 women who take metformin in pregnancy will also need insulin.

When should I take my metformin tablets?

You should always take your metformin tablets when you have a meal. Do not take them on an empty stomach as this may give you a tummy upset.

How do I take my tablets?

Start by taking one tablet with your evening meal.

The following day, take one tablet with breakfast and one with your evening meal.

Over the next 3-4 days, if your blood sugar is still higher than we have recommended, the tablets should be increased to two tablets with breakfast and two tablets with dinner.

A further tablet can be taken with lunch so that in total five tablets a day can be taken.

No more than five tablets a day should be taken.

How quickly can the tablets be increased?

The tablets can be increased over several days if you have no problems taking them (most women) or over a longer period (1 or 2 weeks) if you have side effects

What if my blood sugar is ok?

If your blood sugar is within the recommended range do not increase the number of tablets.

What if I get side effects?

A few women experience a tummy upset with the tablets. This usually settles within a few days.

If you have a tummy upset, stay on one or two tablets a day until you discuss this with the diabetes midwife.

If the tummy upset is severe (rare) you may have to stop the tablets, but most women find they can stay on a low number of tablets.

Will anyone help me if I have any questions?

Discuss your medication increases and progress with the diabetes midwives. They will be in contact with you regularly.

Remember, the tablets will not make your blood sugars levels drop too low.

