

Care Planning:

Date	Day	With Breakfast	With Lunch	With Evening Meal
	1			
	3			
	6			
	9			

Where to get help

Your Lincoln Diabetes Team contact:

Voicemail: 01522 573074

Email: diabetes.specialistnurseslch@ulh.nhs.uk

Your Pilgrim Diabetes Team contact:

01205 445816

This leaflet should only be used with the ongoing advice from the Diabetes Team, as part of your plan of care.

References

1. NICE diabetes in pregnancy (NG3): management from pre-conception to the postnatal period. August 2015

The Trust endeavours to ensure that the information given here is accurate and impartial.



If you require this information in another language, large print, audio (CD or tape) or braille please email the Patient Information team at patient.information@ulh.nhs.uk

Excellence in rural healthcare



Metformin Treatment in Pregnancy

A safe choice for mothers with diabetes

Patients Name:

DOB:

NHS:

Diabetes Care Department
Lincoln County Hospital: Telephone 01522 573074
Pilgrim Hospital: Telephone 01205 445816

www.ulh.nhs.uk

Introduction

Blood Glucose levels can be improved by changing your diet and being more active; please see the gestational diabetes leaflet given to you by the Diabetes Team.

Until recently, if blood glucose levels rose above safe target, the only option was insulin injections.

Another option is to use Metformin tablets, either on their own or in combination with insulin injections, to lower blood glucose levels.

Research shows that Metformin is safe to take in pregnancy for both mother and baby. It is effective and may reduce the chances of requiring insulin injections in many women. For some women, the amount of insulin required will be reduced if Metformin is used.

The use of Metformin in pregnancy is recommended by UK National Guidelines.

Metformin is available as:

- Metformin 500mg tablets
- Metformin SR (sustained release) 500mg tablets

Dose

- Usually 500mg to 2g daily in divided doses, with or after food
- Started at a low dose (1 tablet once a day) and increased to maximum dose of 2 tablets twice daily over the course of several days - see care planning

How Metformin works

- Makes your body more sensitive to the insulin that you make, so your insulin is more effective
- Reduces the production of extra glucose by the liver

These good effects lead to more normal blood glucose levels but does not usually cause low levels.

Advantages

- Safe for use in pregnancy
- Provides women with gestational diabetes with another treatment option
- Does not cause hypoglycaemia (low glucose levels)
- Fewer problems of hypoglycaemia for babies
- A lower insulin dose may be required

Possible side-effects of Metformin

- Some people experience stomach upsets such as nausea, indigestion, diarrhoea and loss of appetite
- Most people find that side-effects are minimised by taking Metformin either with or after food and by beginning at a low dose
- For most women any side-effects lessen over time

DO NOT USE if you have:

- History of serious kidney, liver, heart or respiratory disease