

METFORMIN/GLUCOPHAGE PROTOCOL

Metformin is a drug that improves insulin sensitivity. It is prescribed for women with polycystic ovarian syndrome when associated with insulin resistance. On this medication, some women can ovulate and resume regular menstrual cycles. For others, the combination of clomiphene citrate and Metformin can be used to promote ovulation.

Metformin (also called glucophage) can have the side effects of nausea, diarrhea and sometimes lightheadedness if you do not eat often enough. If you raise the dosage slowly, the side effects will be minimized as your body adjusts to it. It is up to you how quickly you raise the dosage as your body is adjusting.

We will have you start on Metformin 500 mg, 1-pill after dinner for a few days. If you are able to tolerate that dosage, you will add 1-pill after breakfast for a few days. When you feel adjusted to that dosage, add a pill after lunch. If you are not tolerating the higher dosage, go back down and try raising it a half-tablet at a time. We eventually want you to take 2-pills in the morning and 2-pills in the evening.

If you are experiencing lightheadedness, try dividing your three meals a day into six smaller meals a day. If you have severe symptoms of nausea, vomiting or feeling like you are going to pass out, despite following the above recommendations, discontinue the medication and phone our office. In most patients, we will check kidney tests and possibly liver tests before starting Metformin.

Glucophage XR is a timed-release form of the drug that you can take once or twice a day when you tolerate the maximum dose of the short acting form. Call us if you would like to try this form of the medication.

Phone our office at (503) 418-3700 if you have any questions.