

METFORMIN WINTHROP MR 850 mg Tablet

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What Metformin Winthrop MR 850 mg tablet is used for

Used to treat type 2 diabetes or non-insulin dependent diabetes mellitus (NIDDM) in adults whose high blood sugar levels cannot be lowered through exercising or monitoring food intake.

How Metformin Winthrop MR 850 mg tablet works

This medicine belongs to a group called biguanides that lowers the high blood sugar levels in the body.

It works by:

- reducing the amount of blood sugar produced in the liver
- improving your body's sensitivity towards insulin and the way the body uses insulin
- slowing down the rate of glucose being absorbed in the intestines.

Before you use Metformin Winthrop MR 850 mg tablet

When you must not take it

Do not take this medicine if:

- you are allergic to metformin, any other biguanide, or its excipients

- you have diabetic coma (when your blood sugar is abnormally high and body is severely dehydrated)
- you have severe burns and infections
- you have kidney problems
- you have liver problems
- you have undergone/are undergoing major surgery
- you have severe trauma
- you have an active or history of lactic acidosis (buildup of acid in the blood due to inefficient removal from the body)
- you have severe breathing difficulties
- you have heart or blood vessel problems eg. heart failure, heart attack, sudden/rapid development of blood failing to circulate in the body
- you are breastfeeding or plan to breastfeed
- you are pregnant or plan to become pregnant.
- danazol
- medicines used to treat high blood pressure and some heart conditions eg. beta-blockers, calcium channel blockers and ACE inhibitors
- blood-thinning medicines eg. warfarin
- diuretic (water pills)
- chlorpromazine
- NSAIDs
- cimetidine
- corticosteroids
- some medicines used to treat asthma eg. salbutamol or terbutaline

Other interactions not stated may occur. Talk to your doctor or pharmacist if you have any other concerns.

How to take Metformin Winthrop MR 850 mg tablet

How much to take

Adults: Oral, initial dosage of 850 mg tablet twice daily with or after meals, gradually increased if necessary to a maximum of 3 g daily.

Children: Metformin is not recommended for use.

Elderly: Due to potential for decreased renal function, the dosage should be adjusted based on renal function.

Swallow the tablet(s) with a full glass of water

When to take it

Take:

- Metformin Winthrop MR 850 mg tablet with or without food.

How long to take it

You are advised to take it as long as your doctor tells you to.

Before you start to take it

Tell your doctor if:

- you have allergies to any other medicines, foods, dyes or preservatives
- you drink alcohol
- you have heart failure
- you have kidney problems
- you are breastfeeding
- you are pregnant, think you are pregnant, or plan to get pregnant.

Taking other medicines

Talk to your doctor or pharmacist if you are taking any other medicines in any form including any that you buy or obtained without a prescription.

Some medicines interfere with metformin hydrochloride.

They include:

- medicines used to treat diabetes
- medicines that contain alcohol
- tetracosactrin

If you forget to take it

Do not take double dose to make up for a forgotten dose.

If you forget to take your dose, take it as soon as you remember. Skip the missed dose if it is almost time for your next dose.

If you take too much (overdose)

Contact your doctor immediately as soon as you realise you have taken too much.

You may experience the following if you take more than you should:

- low blood sugar
- lactic acidosis (symptoms include feeling sleepy, very tired, feeling sick, vomiting, trouble breathing and have unusual muscle pain, stomach pain or diarrhoea).

While you are using Metformin Winthrop MR 850 mg tablet

Things you must do

Recognise the signs and symptoms of low blood sugar (hypoglycaemia) and high blood sugar (hyperglycaemia).

Initial signs and symptoms of hypoglycaemia:

- weakness, trembling or shaking
- sweating
- lightheadedness, dizziness, headache or lack of concentration
- irritability, tearfulness or crying
- hunger
- numbness around the lips and tongue.

These may progress to:

- loss of coordination
- slurred speech
- confusion
- fits or loss of consciousness.

Signs and symptoms of hyperglycaemia:

- frequent urination
- increased thirst
- feeling hungry all the time.

Tell your doctor if:

- you become ill
- you become dehydrated
- you are injured
- you have fever or serious infection such as influenza, respiratory tract infection or urinary tract infection
- you are having a major surgery

Things you must not do

Do not:

- give this medicine to anyone else, even if their symptoms seem similar to yours
- take your medicine to treat any other complaints unless you are told by your doctor or pharmacist
- stop taking the medicine or change the dosage on your own before asking your doctor
- take your medicine without food.

Things to be careful of

Be careful not to let your blood sugar levels drop too low when doing activities that need you to be alert like driving and using machines.

Drinking alcohol will make it worse. Watch your intake.

Side effects

All medicines can cause unwanted side effects. These effects can be serious but most of the time, they are mild and temporary.

Tell your doctor immediately if you think you are experiencing any of the following possible unwanted side effects while taking the medicine.

Very common side effects:

- gastrointestinal disturbances eg. diarrhoea (several loose bowel movements in a day), indigestion, nausea (feeling sick) or vomiting (being sick), abdominal pain, anorexia (loss of appetite), flatulence.

Common side effects

- taste disturbance.

Very rare side effects:

- skin reactions eg. erythema (redness of skin), pruritus (itching), urticaria (hives)
- abnormal test results associated with long-term use eg. decreased levels of vitamin B₁₂ absorption and decreased serum levels
- megaloblastic anaemia (reduction in red blood cells caused by lack of vitamin B₁₂).
- lactic acidosis.

Isolated cases of side effects that resolve once medication is stopped

- abnormal liver function test results or hepatitis (inflammation of the liver).

Other unwanted side effects not listed may occur. Tell your doctor immediately

After using Metformin Winthrop MR 850 mg tablet

Storage

Keep out of reach of children.

Store below 30⁰C. Protect from light and moisture.

Disposal

No specific instructions. Please ask your pharmacist how to dispose unused medicines properly.

Product description

What it looks like?

Round, white uncoated tablet with convex faces.

Ingredients

Metformin Winthrop MR 850 mg tablet contains 850 mg Metformin Hydrochloride.

List of excipients:

Magnesium stearate
Hydroxypropyl Methylcellulose
Colloidal Silicon Dioxide

MAL NO: MAL09111749AC

Marketing Authorisation Holder

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Date of revision

November 2011