

Package leaflet: Information for the user

Metformin hydrochloride 500mg, 750mg, 1000mg Prolonged-release Tablets

metformin hydrochloride

Read all of this leaflet carefully before you start taking this medicine because it contains important information for you.

- Keep this leaflet. You may need to read it again.
- If you have any further questions, ask your doctor, or pharmacist.
- This medicine has been prescribed for you. Do not pass it on to others. It may harm them, even if their symptoms are the same as yours.
- If you get any side effects, talk to your doctor, or pharmacist. This includes any possible side effects not listed in this leaflet. See section 4.

What is in this leaflet

- What Metformin hydrochloride Tablets Prolonged release are and what it is used for
- What you need to know before you take Metformin hydrochloride Prolonged release Tablets
- How to take Metformin hydrochloride Prolonged release Tablets
- Possible side effects
- How to store Metformin hydrochloride Prolonged release Tablets
- Contents of the pack and other information

1. What Metformin hydrochloride Prolonged release Tablets is and what it is used for

Metformin hydrochloride Prolonged release Tablets contains the active ingredient metformin hydrochloride and belongs to a group of medicines called biguanides, used in the treatment of type 2 (non-insulin dependent) diabetes mellitus.

Metformin hydrochloride Prolonged release Tablets is used for the treatment of Type 2 diabetes when diet and exercise changes alone have not been enough to control blood glucose (sugar). Insulin is a hormone that enables body tissues to take glucose from the blood and to use it for energy or for storage for future use. People with Type 2 diabetes do not make enough insulin in their pancreas or their body does not respond properly to the insulin it does make. This causes a build-up of glucose in the blood which can cause a number of serious long-term problems so it is important that you continue to take your medicine, even though you may not have any obvious symptoms.

Metformin hydrochloride prolonged release tablets makes the body more sensitive to insulin and helps return to normal the way your body uses glucose.

Metformin hydrochloride prolonged release tablets are associated with either a stable body weight or modest weight loss.

Metformin hydrochloride prolonged release tablets are specially made to release the drug slowly in your body and therefore are different to many other types of tablet containing metformin.

2. What you need to know before you take Metformin hydrochloride prolonged release Tablets

Do not take Metformin hydrochloride prolonged release Tablets if:

- you are allergic to metformin or to any of the other ingredients of this medicine (listed in section 6). An allergic reaction may cause a rash, itching or shortness of breath.
- you have liver problems.
- you have severely reduced kidney function.
- you have uncontrolled diabetes, with, for example, severe hyperglycaemia (high blood glucose), nausea, vomiting, diarrhoea, rapid weight loss, lactic acidosis (see "Risk of lactic acidosis" below) or ketoacidosis. Ketoacidosis is a condition in which substances called 'ketone bodies' accumulate in the blood and which can lead to diabetic pre-coma. Symptoms include stomach pain, fast and deep breathing, sleepiness or your breath developing an unusual fruity smell.
- you have lost too much water from your body (dehydration). Dehydration may lead to kidney problems, which can put you at risk for lactic acidosis (see "Warnings and precautions").
- you have a severe infection such as an infection affecting your lung or bronchial system or your kidney. Severe infections may lead to kidney problems, which can put you at risk for lactic acidosis (see "Warnings and precautions").
- you have been treated for acute heart problems or have recently had a heart attack or have severe circulatory problems or breathing difficulties. This may lead to a lack in oxygen supply to tissue which can put you at risk for lactic acidosis (see "Warnings and precautions").
- you are a heavy drinker of alcohol.
- you are under 18 years of age.

Warnings and precautions

Risk of lactic acidosis

Metformin hydrochloride Tablets may cause a very rare, but very serious side effect called lactic acidosis, particularly if your kidneys are not working properly. The risk of developing lactic acidosis is also increased with uncontrolled diabetes, serious infections, prolonged fasting or alcohol intake, dehydration (see further information below), liver problems and any medical conditions in which a part of the body has a reduced supply of oxygen (such as acute severe heart disease).

If any of the above apply to you, talk to your doctor for further instructions.

Stop taking Metformin hydrochloride Tablets for a short time if you have a condition that may be associated with dehydration (significant loss of body fluids) such as severe vomiting, diarrhoea, fever, exposure to heat or if you drink less fluid than normal. Talk to your doctor for further instructions.

Stop taking Metformin hydrochloride Tablets and contact your doctor or the nearest hospital immediately if you experience some of the symptoms of lactic acidosis, as this condition may lead to coma.

Symptoms of lactic acidosis include:

- stomachache (abdominal pain)
- muscle cramps
- a general feeling of not being well with severe tiredness
- difficulty in breathing
- reduced body temperature and heartbeat

Lactic acidosis is a medical emergency and must be treated in a hospital.

If you need to have major surgery, you must stop taking Metformin hydrochloride Tablets during and for some time after the procedure. Your doctor will decide when you must stop and when to restart your treatment with Metformin hydrochloride Tablets.

During treatment with Metformin hydrochloride your doctor will check your kidney function at least once a year or more frequently if you are elderly and/or if you have worsening kidney function.

If you are older than 75 years, treatment with Metformin hydrochloride should not be started to lower the risk of developing type 2 diabetes.

You may use some remains of the tablets in your stools. Do not worry as this is normal for this type of tablet.

You should continue to follow any dietary advice that your doctor has given you and you should make sure that you eat carbohydrates regularly throughout the day.

Do not stop taking this medicine without speaking to your doctor.

Talk to your doctor promptly for further instructions if:

- You are known to suffer from a genetically inherited disease affecting mitochondria (the energy-producing components within cells) such as MELAS syndrome (Mitochondrial Encephalopathy, myopathy, Lactic acidosis and Stroke-like episodes) or Maternal inherited diabetes and deafness (MIDD).
- You have any of these symptoms after starting metformin: seizure, declined cognitive abilities, difficulty with body movements, symptoms indicating nerve damage (e.g. pain or numbness), migraine and dizziness.

Children and adolescents

Children and adolescents should not use this medicine. It is not known if this medicine is safe and effective when used in children and adolescents under 18 years of age.

Other medicines and Metformin hydrochloride Tablets

If you need to have an injection of a contrast medium that contains iodine into your bloodstream, for example in the context of a X-ray or scan, you must stop taking Metformin hydrochloride Tablets before or at the time of injection. Your doctor will decide when you must stop and when to restart your treatment with Metformin hydrochloride Tablets.

Tell your doctor or pharmacist if you are taking, have recently taken or might take any other medicines. You may need more frequent blood glucose and kidney function tests, or your doctor may need to adjust the dosage of Metformin hydrochloride Tablets.

It is especially important to mention the following:

- medicines which increase urine production (diuretics (water tablets) such as furosemide)
- medicines used to treat pain and inflammation (NSAID and COX-2-inhibitors, such as ibuprofen and celecoxib)
- certain medicines for the treatment of high blood pressure (ACE-inhibitors and angiotensin II receptor antagonists)
- Steroids such as prednisolone, mometasone, bclometasone.
- Sympathomimetic medicines including epinephrine and dopamine used to treat heart attacks and low blood pressure. Epinephrine is also included in some dental anaesthetics.
- Medicines that may change the amount of metformin in your blood, especially if you have reduced kidney function (such as verapamil, nifedipine, cimetidine, dolutegravir, nabilone, tramethoprim, vandetanib, isavuconazole, ezetimib, olaparib).

Metformin hydrochloride Tablets with food, drink and alcohol

You should take Metformin hydrochloride Tablets with or immediately after food e.g. with your evening meal.

Avoid excessive alcohol intake while taking Metformin hydrochloride Tablets since this may increase the risk of lactic acidosis (see section "Warnings and precautions").

Pregnancy and breast-feeding and fertility

If you are pregnant or breast-feeding, think you may be pregnant or are planning to have a baby, ask your doctor or pharmacist for advice before taking this medicine so that they may change your treatment. Do not take Metformin hydrochloride if you are pregnant.

It is recommended not to take this medicine if you are breast-feeding or if you are planning to breast-feed your baby.

Driving and using machines

Metformin hydrochloride Tablets taken on its own does not cause 'hypoglycaemia' (symptoms of low blood sugar, such as faintness, confusion and increased sweating) and therefore should not affect your ability to drive or use machinery.

You should be aware, however, that Metformin hydrochloride Tablets taken with other antidiabetic medicines can cause low blood sugar, so in this case you should take extra care when driving or operating machinery.

3. How to take Metformin hydrochloride Tablets

Your doctor may prescribe Metformin hydrochloride Tablets for you to take on its own, or in combination with other oral antidiabetic medicines or insulin.

Always take this medicine exactly as your doctor has told you.

You should check with your doctor or pharmacist if you are not sure.

Metformin hydrochloride cannot replace the benefits of a healthy lifestyle. Continue to follow any advice about diet that your doctor has given you and get some regular exercise.

Recommended dose Usually you will start treatment with 500mg Metformin hydrochloride Tablets daily. After you have been taking Metformin hydrochloride Tablets for about 2 weeks, your doctor may measure your blood sugar and adjust the dose. The maximum daily dose is 2000mg of Metformin hydrochloride Tablets.

If you have reduced kidney function, your doctor may prescribe a lower dose.

How to take the tablets

Normally, you should take the tablets once a day, with your evening meal.

In some cases, your doctor may recommend that you take the tablets twice a day. Always take the tablets with food.

Swallow the tablets whole with a glass of water, do not chew, split or crush the tablets.

If, after some time, you think that the effect of Metformin hydrochloride is too strong or too weak, talk to your doctor or pharmacist.

Use in children and adolescents

Children and adolescents below 18 years should not use this medicine.

Use in elderly

The dose will be determined after tests have been carried out on your kidney function.

If you take more Metformin hydrochloride Tablets than you should

If you take extra tablets by mistake you need not worry, but if you have unusual symptoms, contact your doctor. If the overdose is large, lactic acidosis is more likely. Symptoms of lactic acidosis are non-specific, such as vomiting, bellyache with muscle cramps, a general feeling of not being well with severe tiredness, and difficulty in breathing. Further symptoms are reduced body temperature and heart beat. If you experience some of these symptoms, you should immediately seek medical attention, as lactic acidosis may lead to coma. Stop taking Metformin hydrochloride immediately and contact a doctor or the nearest hospital straightaway.

If you forget to take Metformin hydrochloride Tablets

Take it as soon as you remember with some food. Do not take a double dose to make up for a forgotten dose.

If you stop taking Metformin hydrochloride Tablets

You should not stop taking this medicine without talking to your doctor first. If you stop taking Metformin hydrochloride Tablets, your blood sugar may rise again.

4. Possible side effects

Like all medicines, this medicine can cause side effects, although not everyone gets them.

If you notice any of the following side effects, stop taking Metformin hydrochloride Tablets and see your doctor immediately:

Very rare (may affect up to 1 in 10,000 people):

- Abnormal liver function tests and hepatitis (inflammation of the liver) which may result in jaundice. If you develop yellowing of the eyes and/or skin contact your doctor immediately.

Other possible side effects are listed by frequency as follows:

Very common (may affect more than 1 in 10 people):

- Diarrhoea, nausea, vomiting, stomach ache or loss of appetite. If you get these, do not stop taking the tablets as these symptoms will normally go away in about 2 weeks. It helps if you take tablets with or immediately after a meal.

Common (may affect up to 1 in 10 people):

- Taste disturbance
- decreased or low vitamin B12 levels in the blood (symptoms may include extreme tiredness (fatigue), a sore and red tongue (glossitis), pins and needles (paraesthesia) or pale or yellow skin). Your doctor may arrange some tests to find out the cause of your symptoms because some of these may also be caused by diabetes or due to other unrelated health problems.

Very rare (may affect up to 1 in 10,000 people):

- Skin rashes including redness, itching and hives.

Reporting of side effects

If you get any side effects, talk to your doctor or pharmacist. This includes any possible side effects not listed in this leaflet. You can also report side effects directly via Yellow Card Scheme Website: www.mhra.gov.uk/yellowcard

By reporting side effects you can help provide more information on the safety of this medicine.

5. How to store Metformin hydrochloride Tablets

Keep this medicine out of the sight and reach of children.

Do not use this medicine after the expiry date which is stated on the carton after "EXP". The expiry date refers to the last day of that month.

This medicinal product does not require any special storage conditions.

Do not throw away any medicines via wastewater or household waste. Ask your pharmacist how to throw away medicines you no longer use. These measures will help protect the environment.

6. Contents of the pack and other information

What Metformin hydrochloride Tablets contains

- The active substance is metformin (as hydrochloride). Each prolonged-release tablet contains 500 mg, 750mg or 1000mg of metformin hydrochloride corresponding to 300mg, 450mg and 780mg metformin base, respectively.
- The other ingredients are magnesium stearate, colloidal anhydrous silica, povidone K30 and hypromellose.

What Metformin hydrochloride Tablets looks like and contents of the pack

Metformin 500mg prolonged-release tablets are white to off-white, capsule shaped uncoated tablets, 16.50 mm in length, 8.20 mm in width and 6.70 mm in thickness, debossed with "XR 500" on one side and plain on other side.

Metformin 750mg prolonged-release tablets are white to off-white, capsule shaped, uncoated tablets, 19.60 mm in length, 9.30 mm in width and 7.40 mm in thickness, debossed with "XR 750" on one side and plain on other side.

Metformin 1000mg prolonged-release tablets are white to off-white, capsule shaped, uncoated tablets, 21.00 mm in length, 10.10 mm in width and 8.90 mm in thickness, debossed with "XR 1000" on one side and plain on other side.

Metformin hydrochloride Tablets is available in blister packs containing 28 or 56 tablets.

Marketing Authorisation Holder & Manufacturer

Strides Pharma UK Ltd, Unit 4, The Metro Centre, Dwight Road, Walford, WDH 8SS, United Kingdom

This leaflet was last revised in 03/2025.

140 x 490 mm Front Side

140 x 490 mm Back Side

CMO - ARTWORK DETAIL LABEL

PRODUCT	Metformin Hcl 500mg Prolonged-release Tablets	MFG. LOCATION	BAFNA
BUYER/COUNTRY	Strides Pharma UK Ltd. / UK	COMPONENT	Pack Insert
DIMENSION	140 x 490 mm	PACK	NA
NEW ITEM CODE	1051834	Bafna Item Code: PENC 4175	OLD ITEM CODE 1050681
COLOUR SHADES	Black	No. of Colours	1
Change Control No.	PC-PYF/2025/054 - Record Number: 448339 & PC-CMI/2025/007 - Record Number: 454389	Artwork Version	4.0
Design/Style	Front & Back Printing,		
Substrate	50 to 60 GSM Mappitlo paper		
Special Instructions	PRINTING CLARITY TO BE CLEAR AND SHARP.		
Autocartorian Requirements	NA		
Caution to the printer: Before processing, please ensure that the ARTWORK received for printing is exactly in line with APPROVED ARTWORK provided to you. In case of any FONTS/DESIGN are Mis-matching with the APPROVED ARTWORK, please inform SCM / PD for further action. DO NOT MAKE ANY CHANGE TO THE ARTWORK WITHOUT WRITTEN INSTRUCTIONS FROM SCM / PD.			



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Strides & Non-Printing Colors

Printed on 100% Recycled Paper

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