

Dianorm®

Metformin

Forms and presentation

Dianorm® 850: Film coated tablets: Box of 30.

Composition

Dianorm® 850: Each film coated tablet contains Metformin Hydrochloride 850mg.

Excipients: Povidone, starch, magnesium stearate, crospovidone, hydroxypropyl methylcellulose, talc, polyethylene glycol, titanium dioxide.

Why should you take Dianorm®?

Therapeutic class: Drug used in diabetes.

ATC code: A10BA02.

Dianorm® is an oral anti diabetic medication prescribed to control type 2 diabetes (Non insulin dependent). Diabetes develops when the body is unable to utilize the sugar taken leading to an increase in sugar concentration in the blood. Dianorm® decreases sugar concentration in the blood by lowering sugar production by the liver, sugar absorption by the intestine and increasing your body's sensitivity to insulin. It does not have any impact on insulin production. Dianorm® is not a substitute for insulin. It can be prescribed alone or in combination with insulin or other anti diabetics.

What should you know about Dianorm®?

Dianorm® is an aid to but not a substitute for good diet and exercise. Dianorm® is not an oral form of insulin and can not be used in place of insulin.

What is the recommended dosage of Dianorm®?

Adults

Starting dose of Dianorm® is one 500mg tablet twice daily, taken with morning and evening meals. The daily dose may be increased by 500mg on weekly intervals up to 2000mg per day. This will be decided by your doctor depending on your body's response to the medication. An alternative starting dose is one 850mg tablet once daily, taken with the morning meal. The daily dose may be increased upon the decision of your doctor by 850mg at 2 weeks intervals to a maximum of 2550mg a day. It is also possible to increase the dose from one 500mg tablet twice daily to one 850mg tablet twice daily at an interval of 2 weeks. The usual maintenance dose ranges from 1500 to 2550mg daily. If your daily dose is exceeding 2000mg, your doctor may suggest dividing the medication into three doses taken with each meal.

Children

For children in the age group of 10 to 16 years the starting dose is 500mg twice daily with meals. Based on the need the doctor may increase the dose by 500mg on weekly intervals up to 2000mg per day.

Dianorm® has not been tested in children below 10 years of age.

Older Adults

Lower doses are recommended for older adults and malnourished people because their kidneys may be weaker, a condition that may enhance side effects.

How is Dianorm® taken?

Take Dianorm® exactly as prescribed by your doctor. Dianorm® should be taken with meals to minimize the incidence of nausea or diarrhea particularly during the first weeks of therapy.

What to do if you miss a dose?

Take the missed dose as soon as you remember. If it is almost time for your next dose skip the dose you missed and go back to your regular schedule. Do not take two doses at the same time.

What to do in case of overdosage?

Any medication taken in excess may lead to serious consequences. If you suspect an overdose, seek medical attention immediately. Dianorm® overdose may lead to lactic acidosis, which is a metabolic complication.

Are there any food or drug interactions with Dianorm®?

Dianorm® can be taken with most other drugs; however you should consult your doctor before combining Dianorm® with any of the following drugs: Calcium channel blockers, Cimetidine, Amiloride, Digoxin, Estrogens, Furosemide, Thorazine, Glibenclamide, Isoniazid, Oral contraceptives, Morphine, Nifedipine, Quinidine, Phenytoin, Procainamide, Quinine,

Vancomycin, Ranitidine, Trimethoprim, Steroids such as prednisone, Thyroid hormones, and Diuretics. You must avoid excessive alcohol consumption with Dianorm® since alcohol enhances the effects of Dianorm® which may lead to low blood sugar levels.

What are the side effects of Dianorm®?

Side effects may include:

Diarrhea, abdominal discomfort, gas, headache, indigestion, nausea, and vomiting. A very rare but a serious side effect is lactic acidosis. It is a metabolic problem occurring due to accumulation of lactic acid in the blood leading to symptoms of dizziness, weakness, low body temperature, difficulty in breathing or rapid breathing, sleepiness, irregular or slow heart beat, and unusual muscle pain. This complication is more likely to occur in patients with liver and, or kidney problems, congestive heart failure, or patients with multiple medical problems or taking several medications.

Precautions about Dianorm®

Your doctor will assess your kidney function before starting your therapy with Dianorm® and at least once a year thereafter for normal patients and more frequently for older adults. In case you develop kidney problems during your therapy you might have to stop the medication. Dianorm® must not be taken for 2 days prior to and after having an X-ray procedure that uses an injectable dye. Dianorm® is usually stopped prior to surgery, except for minor surgery, and is initiated after normal food and fluid intake is resumed.

Drinking excess alcohol should be avoided with Dianorm® as it may lead to lactic acidosis. Impaired liver function may also be a cause of lactic acidosis thus liver function must be periodically monitored by your doctor. In case you develop liver problems during your therapy you might have to stop the medication. Dianorm® does not cause hypoglycemia, however this may occur in elderly malnourished people and those who have kidney, liver, adrenal or pituitary gland problems. The risk of hypoglycemia is boosted by missed meals, alcohol consumption and excessive physical activity. You should inform your doctor if you lose a significant amount of fluid due to vomiting, diarrhea, or some other conditions since dehydration increases the possibility of developing lactic acidosis.

What are the cases in which you should not take Dianorm®?

If you have kidney problems, liver problems, metabolic ketoacidosis, or allergic to the drug or to any of its components, or if you are taking medications for congestive heart failure.

What should you do if you are pregnant or breastfeeding?

Dianorm® must not be taken during pregnancy, thus you must inform your doctor if you are pregnant or planning to be pregnant while on therapy with Dianorm®. It is not known whether Dianorm® is secreted in breast milk, thus you must consult your doctor on whether to discontinue the medication or to stop breastfeeding.

How to store Dianorm®?

Store below 30°C.

Keep in original pack in intact conditions.

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This is a medicament

- A medicament is a product which affects your health, and its consumption contrary to instructions is dangerous for you
- Follow strictly the doctor's prescription, the method of use, and the instructions of the pharmacist who sold the medicament
- The doctor and the pharmacist are experts in medicine, its benefits and risks
- Do not by yourself interrupt the period of treatment prescribed for you
- Do not repeat the same prescription without consulting your doctor
- Medicament: keep out of reach of children

Council of Arab Health Ministers
Union of Arab Pharmacists

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Dbayeh - Lebanon