

Consent Form for Met-Slim (Metformin)

✿ Efficacy

Metformin improves blood glucose levels through multiple mechanisms: it suppresses hepatic glucose production, enhances insulin sensitivity which promotes glucose uptake in muscle and adipose tissues, and inhibits glucose absorption in the small intestine.

✿ Main Side Effects

Common side effects include diarrhea, loss of appetite, abdominal pain, nausea, vomiting, abdominal bloating, constipation, indigestion, rash, itching, general fatigue, and muscle pain. Although the frequency is unknown, serious adverse effects such as lactic acidosis, hypoglycemia, liver dysfunction, jaundice, and rhabdomyolysis have been reported.

If you notice any of these symptoms, consult your physician immediately.

✿ Dosage and Administration

- Take one tablet twice daily, after lunch and dinner.
- If you forget to take a dose, do not take it immediately. Simply take the next scheduled dose.
- Do not take two doses at once to make up for a missed dose.
- Be cautious of hypoglycemia symptoms if you are working at heights, driving, or operating machinery.

✿ Ingredients

Each tablet contains 500 mg of Metformin Hydrochloride (as specified by the Japanese Pharmacopoeia). Inactive ingredients include hydroxypropyl cellulose, crospovidone, light anhydrous silicic acid, magnesium stearate, hypromellose, talc, titanium dioxide, and yellow ferric oxide.

✿ Patients Who Should Not Receive This Treatment / Caution Required

*Treatment is contraindicated for individuals with the following conditions or histories:

- History of lactic acidosis, including symptoms such as gastrointestinal issues, fatigue, muscle pain, or hyperventilation
- Severe renal or hepatic dysfunction, or patients undergoing dialysis (including peritoneal dialysis)
- Severe cardiovascular or pulmonary impairment, including shock, heart failure, myocardial infarction, pulmonary embolism, or any condition likely to cause hypoxemia
- Dehydration (due to gastrointestinal disorders like diarrhea or vomiting, or inability to take oral fluids)
- Excessive alcohol consumption
- Severe ketosis, diabetic coma or pre-coma, or type 1 diabetes
- Severe infections, or during the pre- and post-operative period, or in the presence of serious trauma
- Malnutrition, starvation, general debilitation, pituitary insufficiency, or adrenal insufficiency
- Pregnant women or those who may be pregnant
- Individuals with a history of hypersensitivity to this product or other biguanide-class medications

Contraindicated Concomitant Use

*Do not take this medicine if any of the following apply to you.

- Alcohol (especially excessive consumption)

Use with Caution When Taken with the Following Medications

*Please exercise caution if you are currently using any of the medications listed below:

- Iodinated contrast agents
- Nephrotoxic antibiotics (e.g., gentamicin)
- Diuretic agents, including diuretics and SGLT2 inhibitors
- Medications that enhance hypoglycemic effects, such as:
 <Antidiabetic drugs: insulin preparations, sulfonylureas, rapid-acting insulin secretagogues, alpha-glucosidase inhibitors, thiazolidinediones, DPP-4 inhibitors, GLP-1 receptor agonists, SGLT2 inhibitors/
 Anabolic steroids/Salicylates (e.g., aspirin)/Beta-blockers (e.g., propranolol)/Monoamine oxidase inhibitors (MAO inhibitors)>
- Medications that diminish hypoglycemic effects, such as:
 <Adrenaline/Corticosteroids/Thyroid hormones/Estrogens/Diuretics/Pyrazinamide/Isoniazid/
 Nicotinic acid/Phenothiazine derivatives
- Cimetidine, dolutegravir, bictegravir, vandetanib

Precautions for Use *Please exercise caution when taking this medication if you have any of the following conditions or circumstances:

- Irregular eating habits or insufficient food intake (may increase the risk of hypoglycemia)
- Strenuous physical activity (may increase the risk of hypoglycemia)
- Mild to moderate renal impairment (may increase the risk of lactic acidosis)
- Mild to moderate hepatic impairment (may increase the risk of lactic acidosis)
- Infection (may increase the risk of lactic acidosis)
- Elderly patients, especially those aged 75 and older, as there is limited clinical experience with doses exceeding 1,500 mg per day in this population