



## **Metformin**

Metformin is one of the more common medications used in patients who have polycystic ovary syndrome (PCOS) and as a result, ovulate infrequently.

This oral medication, which is used by most adult onset diabetics, has been shown to lower insulin resistance in patients with PCOS. Some patients will begin ovulating regularly and will not need Clomiphene or other drugs to induce ovulation. It can be given in doses of 500 or 850 mg twice daily or 500 mg three times daily.

Metformin may also reduce the incidence of first trimester miscarriages and diabetes during pregnancy in PCOS patients.

Metformin is well tolerated. It will not lower blood sugar or cause weight gain. The most common side effects are abdominal gas and diarrhea. These usually subside in several weeks. Taking the pills with meals will minimize these side effects. More rare side effects include a metallic taste and nausea. One rare but serious side effect is called lactic acidosis. This can occur in patients with pre-existing severe kidney or respiratory disease.