

METKEM XR 1000mg (Metformin Hydrochloride Extended Release Tablets 1000 mg)

Metformin Hydrochloride (1000mg)

What is in this leaflet

1. What METKEM XR is used for
2. How METKEM XR works
3. Before you use METKEM XR
4. How to take METKEM XR
5. While you are using METKEM XR
6. Side effects
7. Storage and disposal of METKEM XR
8. Product description
9. Manufacturer and product registration holder
10. Date of revision
11. Serial Number

What METKEM XR is used for

METKEM XR prolonged release tablets contain the active ingredient metformin hydrochloride and belong to a group of medicines called biguanides, used in the treatment of diabetes. METKEM XR is used to delay the onset and treat Type 2 (non-insulin dependent) diabetes mellitus when diet and exercise changes alone have not been enough to control blood glucose (sugar).

How METKEM XR work

Insulin is a hormone produced by the pancreas that makes your body take in glucose (sugar) from the blood. Your body uses glucose to produce energy or stores it for future use.

If you have diabetes, your pancreas does not make enough insulin or your body is not able to use properly the insulin it produces. This leads to a high level of glucose in your blood.

METKEM XR makes the body more sensitive to insulin and helps return to normal the way your body uses glucose.

METKEM XR is associated with either a stable body weight or modest weight loss.

METKEM XR 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.

Before you use METKEM XR

- When you must not use it

Do not take METKEM XR if:

- ☐ You have severely-reduced kidney function.
- ☐ If you have lactic acidosis [too much lactic acid in the blood (see "Risk of lactic acidosis")] 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 of acidosis may include stomach pain, abnormal breathing and drowsiness (if severe).
- ☐ you are allergic to metformin or to any of the other ingredients which are listed later on in the leaflet.
- ☐ you have had serious complications with your diabetes or other serious conditions which resulted in rapid weight loss, nausea, vomiting or dehydration.
- ☐ you have a severe infection or have recently suffered a severe injury.
- ☐ you have been treated for heart problems or have recently had a heart attack or have severe circulatory problems or breathing difficulties.
- ☐ you are a heavy drinker of alcohol.
- ☐ you are under 18 years of age.

Take special care with METKEM XR. After you have started taking your medicine:

- If you have diabetes you should have your blood or urine tested for sugar regularly. You should return to your doctor at least once a year to check the function of your kidneys (more often if you are elderly or if you have kidney problems).
- If you start to lose weight unexpectedly or suffer severe nausea or vomiting, uncontrolled rapid breathing or abdominal pains, stop taking the medicine and tell your doctor straight away. This can be a sign of a rare, but serious, complication with your diabetes called 'lactic acidosis' which means there is too much acid in the blood (see also 'Side effects'). You may see some remains of the tablets in your stools. Do not worry- this is normal for this type of

tablet.

- Before you start to take it

If you need to have an X-ray examination involving the injection of a dye, tell the doctor that you take

METKEM XR as you may need to stop taking it for a few days afterwards.

Tell your doctor if you are going to have an operation under general anaesthetic, as you may need to stop taking METKEM XR for a couple of days before and after the procedure. 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.

Risk of Lactic Acidosis

METKEM XR 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, 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 METKEM XR 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.

METKEM XR 1000mg (Metformin Hydrochloride Extended Release Tablets 1000 mg)

Metformin Hydrochloride (1000mg)

Stop taking METKEM XR and contact a 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:

- ☐ vomiting
- ☐ stomach ache (abdominal pain)
- ☐ muscle cramps
- ☐ a general feeling of not being well with severe tiredness
- ☐ difficulty in breathing

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

During treatment with METKEM XR, 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

Taking other medicines

Please tell your doctor or pharmacist if you are taking or have recently taken any other medicines, including medicines obtained without prescription.

If you are taking any of the following medicines, your blood sugar levels may need to be checked more often and your dose adjusted:

- Steroids such as prednisolone, mometasone, beclometasone.
- Diuretics (water tablets) such as furosemide.

Sympathomimetic medicines including epinephrine and dopamine used to treat heart attacks and low blood pressure. Epinephrine is also included in some dental anaesthetics.

How to take METKEM XR

Your doctor may prescribe METKEM XR for you to take on its own, or in combination with other oral antidiabetic medicines

or insulin.

Always take METKEM XR exactly as your doctor has told you. You should check with your doctor or pharmacist if you are not sure.

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

How much to take

Usually you will start treatment with 500 milligrams Metformin Hydrochloride Extended Release Tablets daily. After you have been taking 500mg Metformin Hydrochloride Extended Release Tablets for about 2 weeks, your doctor may measure your blood sugar and adjust the dose. The maximum daily dose is 2000 milligrams of METKEM XR (2 tablets of METKEM XR)

When to take it

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.

How long to take it

The treatment duration is not limited and depends on the severity of the disease. The duration of therapy will be determined by your doctor. Stopping treatment must be discussed with your doctor

If you forget to take it

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 take too much (overdose)

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 and this is a medical emergency requiring treatment in hospital

While you are using METKEM XR

Things you must do

Pregnancy and breast-feeding

If you are pregnant, think you may be pregnant or are planning to have a baby, speak to your doctor in case any changes will be needed to your treatment or monitoring of your blood glucose levels. This medicine is not recommended if you are breast-feeding or if you are planning to breast-feed your baby.

Things you must not do

You should avoid drinking alcohol and using alcohol-containing medicines as this will increase the risk of lactic acidosis.

Things to be careful of

METKEM XR taken on its own does not cause 'hypos' (symptoms of low blood sugar or hypoglycaemia, 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 METKEM XR taken with other antidiabetic medicines can cause hypos, so in this case you should take extra care when driving or operating machinery.

Side effects

Like all medicines, METKEM XR can cause side effects, although not everybody gets them. If you notice any of the following, stop taking METKEM XR and see your doctor immediately:

- unexpected weight loss
- very severe nausea or vomiting
- very fast breathing which you cannot stop
- stomach pains or feeling cold

These can be signs of serious problems with your diabetes and may mean you have a very rare side effect called "lactic acidosis" (too much acid in the blood). If this happens, see a doctor as you will need treatment straight away.

Other possible side effects are listed by frequency as follows:

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

METKEM XR 1000mg (Metformin Hydrochloride Extended Release Tablets 1000 mg)

Metformin Hydrochloride (1000mg)

• Diarrhoea, nausea, vomiting, stomach ache or loss of appetite. These undesirable effects occur most frequently during initiation of therapy and resolve spontaneously in most cases.

Common side effects (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 problems.

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

• Skin rashes including redness, itching and hives.

If any of the side effects gets serious, or if you notice any side effects not listed in this leaflet, please tell your doctor or pharmacist.

You may report any side effects or adverse drug reactions directly to the National Centre for Adverse Drug Reaction Monitoring by visiting the website nptra.gov.my (Consumers → Reporting Side Effects to Medicines (ConSERF) or Vaccines (AEFI))

Storage and disposal of METKEM XR

Storage

Keep METKEM XR tablets out of the reach and sight of children. Do not use them after the expiry date that is printed on the pack after "Use before:". The expiry date refers to the last day of that month. Store below 30°C. Protect from light

Disposal

Medicines should not be disposed

of via wastewater or household waste. Ask your pharmacist how to dispose of medicines no longer required. These measures will help to protect the environment.

Product description

What it looks like

METKEM XR is White to off-white, oval shaped, uncoated tablet, debossed with 'PR' on one side and "1000 on the other side

Ingredients:

Each extended prolonged release tablet contains 1000 milligrams of the active ingredient metformin hydrochloride.

Inactive Ingredients: Copovidone, Povidone K90, Carmellose Sodium, Hypromellose, Microcrystalline Cellulose & Magnesium Stearate

MAL number:

MALxxxxxxxxxXAZ

Manufacturer

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Product Registration Holder

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