Wrightington, Wigan and Leigh Teaching Hospitals
NHS Foundation Trust

Metformin v10

Version number: **10**
Last modified date: **18th November 2026**

Metformin

Patient Information

Fertility Fusion

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How does Metformin work?

Metformin is used to treat women with polycystic ovarian syndrome which can in some women cause sub-fertility.

Benefits

In women with polycystic ovarian syndrome, the levels of insulin and testosterone are abnormally high and cause the woman not to ovulate. Metformin, used in conjunction with a mild fertility drug, reduces the levels of testosterone and insulin in the body thus allowing ovulation to occur.

How should you take it?

- It needs to be prescribed by a doctor who is a specialist in infertility.
- It will be prescribed for women who are trying for a pregnancy who suffer from polycystic ovarian syndrome and are proven to have high levels of insulin and testosterone in the body.
- It can be taken for long periods, up to a maximum of three times a day, when being used to treat polycystic ovarian syndrome and its symptoms.
- The usual starting dose is one 500mg tablet three times a day.

Alternatives

Metformin is not suitable for everybody. There are alternatives depending on your circumstances which should be discussed with your consultant.

Risks

The main side effects of Metformin therapy are stomach upsets such as nausea, vomiting, abdominal pain, diarrhoea, loss of appetite or a metallic taste in the mouth. If such side effects occur, they often get better spontaneously once the body gets used to the medication, so you should continue taking the metformin unless your symptoms become severe.

If Metformin induces ovulation and a pregnancy occurs, you should seek advice from the clinic in which they were prescribed and continue the medication throughout the pregnancy.

Contact Information

If you have any worries or concerns or need some advice, please do not hesitate to contact the nursing staff at:

- **Fertility Fusion, Wrightington Hospital**
  Telephone: 01257 256251
  Monday to Friday 8am to 4:30pm
- The Unit Counsellor can be contacted for support at any time, throughout your treatment and afterwards. The telephone number is 01257 256251.
- **Swinley Ward, Royal Albert Edward Infirmary**
  Out of hours Telephone: 01942 822568

See also patient information leaflet REF: FF 010 **Counselling Services - Fertility Fusion**

https://www.wwl.nhs.uk/leaflets/download/wwl-5feb49826d8015.89152671



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