

Vildagliptin / Metformin

Medication Information Leaflet

What is this medication for?

It contains two different medications called vildagliptin and metformin. They control your diabetes by helping to bring your blood sugar levels down.

How should I take/use this medication?

Take this medication after food to reduce the chance of stomach discomfort.

What should I do if I forget to take/use this medication?

If you miss a dose, take the missed dose as soon as you remember. Remember to take it with food. If it is almost time for your next dose, take only the usual dose. Do not double your dose or use extra medication to make up for the missed dose.

What precautions should I take?

Inform your doctor if

- you are allergic to this medication or any of the other ingredients of this medication.
- you are pregnant, planning to become pregnant, or breastfeeding.
- you have or had any disease of the pancreas (such as pancreatitis, which is a condition where the pancreas is inflamed)
- you have gallstones, drink alcohol often or have very high levels of triglycerides (a type of cholesterol) in your blood. These medical conditions can increase your chance of getting pancreatitis.
- you have had diabetic ketoacidosis where there is a build-up of acid in the blood because the body is breaking down fat instead of sugar before
- you have any kidney or liver problems
- you are going for a scan/X-ray. You may need to stop taking metformin for a couple of days.

If you need to do fasting blood tests, do not take your medication until your blood has been taken and you have eaten.

What are some side-effects that I need to seek medical advice immediately?

Pancreatitis is a rare but serious side effect of vildagliptin. You should stop taking this medication and check with your doctor immediately if you experience:

- Severe pain in the stomach, abdomen or back area
- Nausea or vomiting that does not go away

Lactic acidosis (a buildup of lactic acid in the body) is a very rare but serious medical problem linked to metformin. The chance of this happening increases if your kidneys are not working properly.

Symptoms of lactic acidosis include:

- decreased appetite
- vomiting and stomach pains that continues for some time
- a general feeling of being unwell accompanied with feeling cold or excessive tiredness
- fast, shallow breathing.

If any of these happens, stop taking your medication and see a doctor immediately as you will need treatment straight away.

What are some other side-effects of this medication?

You may experience stomach discomfort like diarrhea, gas, bloating, vomiting, joint ache, headache or have a metallic taste in your mouth.

These side effects may happen but should get better over time. Check with your doctor if any of these side effects are serious or do not go away.

What food or medication should I avoid when I take this medication?

Avoid taking alcohol with this medication.

How should I store this medication?

Store in a cool and dry place, away from direct sunlight. Keep this medication away from children.

How should I dispose of this medication safely?

Pack this medicine into a black trash bag and seal it tightly before throwing into the rubbish chute or bin.

Disclaimers

If you take more than the recommended dose, please seek medical advice immediately. The information provided on this page does not replace information from your healthcare professional. Please consult your healthcare professional for more information.

This article is jointly developed by members of the National Medication Information workgroup. The workgroup consists of cluster partners (National Healthcare Group, National University Health System and SingHealth), community pharmacies (Guardian, Unity and Watsons) and Pharmaceutical Society of Singapore.

Last updated on May 2019