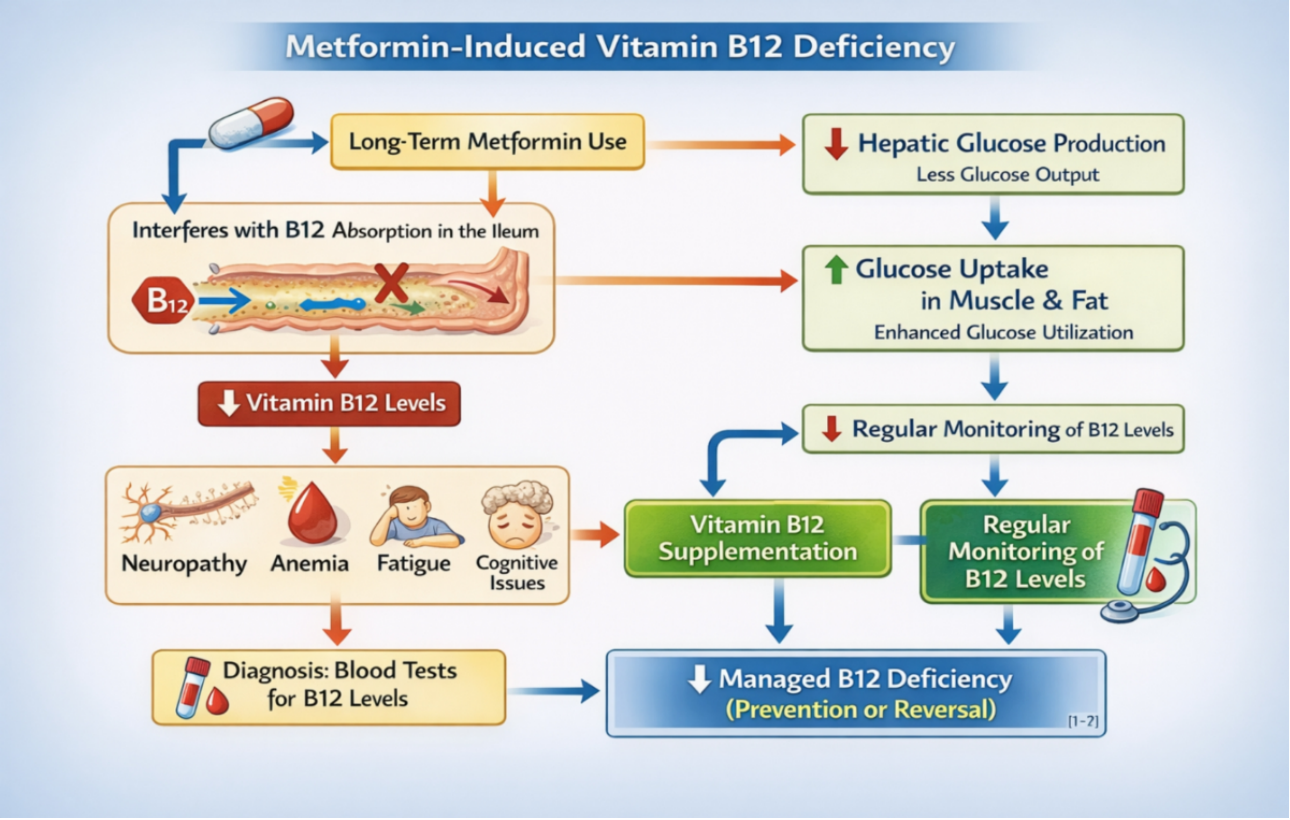
Could PMOS or metformin cause new fatigue and tingling in your hands?

You asked: I take metformin and have new fatigue and tingling in my hands. Is PMOS causing it?
Researched Oct 7, 2026

PMOS is unlikely to be enough of an explanation by itself. PMOS, formerly called PCOS, is now used for *polyendocrine metabolic syndrome*. It is a hormonal and metabolic condition that can cause irregular periods, acne, excess hair growth, weight-related concerns, and fertility problems. Metformin is often used as part of its treatment. [1]

But **new fatigue and tingling in your hands need prompt medical review**, whether or not you have PMOS. Do not assume they are simply part of PMOS.

One important possibility is **low vitamin B12 caused or worsened by metformin**. Vitamin B12 helps maintain healthy blood cells and nerves. Metformin can reduce B12 levels, especially at higher doses or after longer use. Low B12 can cause marked tiredness, pins and needles, numbness, or nerve damage (neuropathy). [2]



This diagram shows how long-term metformin use can reduce B12 absorption and contribute to fatigue, anemia, and nerve symptoms. · Image source: The silent side effect of metformin: understanding Vitamin B12 deficiency in Type 2 Diabetes | Acta Diabetologica | Springer Nature Link

This does **not** prove that metformin or low B12 is causing your symptoms. Tingling and fatigue can also come from diabetes itself, blood-sugar problems, anemia, thyroid disease, nerve

compression, infections, or other conditions. A clinician needs to sort out the cause. [2]

What to do now

Contact the clinician who prescribes your metformin **promptly—ideally today or within the next few days.** Tell them:

- when the fatigue and tingling started, and whether either is worsening;
- whether symptoms affect one or both hands, and any weakness, balance trouble, or numbness elsewhere;
- your metformin dose, how long you have taken it, and all other medicines or supplements; and
- whether you have diabetes, recent illness, vomiting or diarrhea, poor food intake, kidney problems, or heavy alcohol use.

Ask whether you need a medication review and testing for vitamin B12 deficiency. Regulators specifically advise checking B12 in people taking metformin who develop new neuropathy or symptoms such as pins and needles or extreme tiredness. Blood tests may also help check for anemia and other possible causes. [2]

Metformin and vitamin B12 deficiency
An NIDDK medical expert discusses the relationship between metformin and vitamin B12 deficiency.
Video · https://www.youtube.com/watch?v=SF7vOJjMEws&xstg=CAMSBhUDze3xHw%3D%3D

Do not stop, skip, or change metformin on your own for possible B12 deficiency. B12 deficiency can be treated while metformin is continued when appropriate, but the prescriber should make that decision. [2]

Get emergency care now if any of these occur

Call emergency services now for sudden one-sided numbness or weakness, facial droop, trouble speaking, sudden vision changes, fainting, confusion, chest pain, or significant trouble breathing. These can signal a stroke, heart problem, or another emergency. [3] [4]

Metformin also rarely causes **lactic acidosis**, a dangerous buildup of acid in the blood. Seek urgent emergency assessment if fatigue comes with rapid or difficult breathing, severe weakness, unusual sleepiness, dizziness, feeling cold, muscle pain, slow or irregular heartbeat, or stomach pain with nausea or vomiting. In that situation, metformin drug information advises stopping the medicine and contacting emergency medical care immediately. [5]

The key point is: PMOS does not make new hand tingling and fatigue something to ignore. Metformin-related B12 deficiency is a reasonable possibility to check soon, but it is only one of several possible causes.

Sources

1. American Medical Association https://www.ama-assn.org/public-health/population-health/what-doctors-want-patients-know-about-pmos
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