Metformin remains the drug of choice for first-line therapy... should be initiated concurrent with lifestyle intervention at diagnosis.

Consider extended-release tablets when GI side effects prevent continuation of metformin therapy.

Low incidence of GI side effects
Powerful glycaemic control
Significantly improved adherence to treatment
No weight gain

References:
3. SEMDSA Guidelines for Diagnosis and Management of Type 2 Diabetes Mellitus for Primary Health Care. JEMDSA 2009;14(1):55-58.