

Quick Guide to reviewing Blood Glucose Monitors Revised August 2019

This document is an update of earlier guidance. It has taken into account changes in national availability of machines and changes in costs.

There is still prescribing for test strips from companies who no longer support particular machines or do not meet the ISO requirement. **It is important that these patients are reviewed and switched to alternative first choice strip as soon as possible. The majority of patients should be prescribed strips costing less than £8.00**

The locally preferred Blood Glucose Testing Strip choices are:

First Choice BGTS

Blood Glucose Test Strip	Manufacturer	Cost per 50 strips	Further information
GlucoRx Q	GlucoRx	£5.45	For Type 1 or Type 2 users
TRUE Metrix	Trividia	£6.95	For Type 1 or Type 2 users
Performa (Nano)	Roche	£7.50	For Type 1 or Type 2 users
TEE2	Spirit Healthcare	£7.75	For non-insulin users & those who generally have stable control (Long shelf life for strips, suitable infrequent testing) Or insulin users with a TEE2+ meter
Options for special situations			
WaveSense Jazz	Agamatrix	£8.74	For Type 1 or Type 2 insulin users. Please prescribe Jazz Duo pack for those who are infrequent testers - longer shelf life for strips as comes in 2 x 25 packs.
			Wireless Meter - to be used first line if patient is Type 1 on a basal bolus insulin regime <u>and</u> who is trained to count carbohydrates <u>and</u> can calculate insulin dose – initiated in hospital; repeat prescriptions in primary care.
Mobile Accu-chek	Roche	£9.99	Type 1 or 2 insulin users who are frequent testers (90 day expiry of cartridge once opened) and would benefit from an integrated system e.g. drivers
For patients requiring ketone monitoring			
CareSens Pro And Ketosens Used with CareSens Dual meter	Spirit	£9.95 £9.95	Cost-effective first choice for patients who need to test for glucose and ketones . The careSens meters require less blood than other meters and are more robust.
Second line option for those unable to use WaveSense Jazz Wireless - need support to calculate insulin doses			
Aviva for users of Accu-Chek Aviva Expert Meter only	Roche	£16.21	** Only to be used if patient is Type 1 on a basal bolus insulin regime <u>and</u> who is trained to count carbohydrates <u>and</u> who cannot calculate insulin dose – initiated in hospital; repeat prescriptions in primary care

Freestyle Libre

MKCCG has adopted the NHS England criteria for Flash Glucose Monitoring (Freestyle Libre) from 1st April 2019. The device should still be initiated in specialist care (MKIDS / MK Hospital), with GPs being asked to prescribe once the patient has been trained to use it. Please ensure a maximum of 26 sensors / year are prescribed.

Please note that strip usage should go down significantly. The frequency of requests and quantities ordered should be monitored.

Test strips to be reviewed and switched to a first line choice where possible as high cost or discontinued

Blood Glucose Test Strip	Manufacturer	Cost per 50 strips
Active Accu-chek (NB No new patients – machine discontinued)	Roche	£9.95
Aviva Accu-chek <i>Review all type 2 users</i>	Roche	£16.21
BGStar	Sanofi	£14.73
CareSens N	Spirit Healthcare	£12.75
Compact	Roche	£16.53
Contour	Bayer	£9.95
Contour Next	Bayer	£15.16
Contour TS	Bayer	£9.50
Freestyle	Abbott	£16.23
Freestyle Lite	Abbott	£16.23
Freestyle Optium	Abbott	£16.12
Glucomen Areo	Menarini Diagnostics	£9.95
GlucoMen LX Sensor, Sensor, Visio	Menarini Diagnostics	£15.76, £14.83, £15.75
GlucoRx Nexus, HCT	GlucorX	£9.95, £8.95
Mylife Pura	Ypsomed	£9.50
Omnitest 3	Braun Medical	£9.89
OneTouch Select Plus	LifeScan	£9.99
OneTouch Verio	LifeScan	£15.12
TRUEyou	Nipro Diagnostics	£9.92
TRUEresult	Nipro Diagnostics	£14.99

List based on current prescribing locally and prices are based on July 2019 Drug Tariff.

Lancets

Blood Glucose Test Strip	Manufacturer	Compatible lancets-
GlucorX Q	GlucorX	GlucorX 0.3mm/30 Gauge x 200
TRUE Metrix	Trividia	True Plus 0.32mm/30 Gauge x 100 True Plus 0195mm/33 Gauge x 100 True Plus 0.36mm/28 Gauge x 100
Performa (Nano)	Roche	Fastclix x 204
TEE2	Spirit Healthcare	CareSens Lancets 0.36mm/28 Gauge x 100 CareSens Lancets 0.31mm/30 Gauge x 100 <i>If using CareSens lancing pen</i>
WaveSense Jazz	Agamatrix	AgaMatrix Ultra-Thin Lancets 0.20mm/33 Gauge x 200 AgaMatrix Ultra-Thin Lancets 0.35mm/28 Gauge x200 <i>If using Agamatrix lancing device</i>
CareSens Pro	Spirit	CareSens 0.3mm/30 gauge x 100 CareSens 0.35mm/28 gauge
Mobile Accu-chek	Roche	Has integrated finger pricker so must be Fast clix lancets. These have replaced softclix and mutliclix lancets x 204 FastClix Lancets 0.3mm/30 Gauge x 204
Aviva for users of Accu-Chek Aviva Expert Meter only	Roche	FastClix Lancets 0.3mm/30 Gauge x 204

Reviewing and blood glucose meters and strips

Patients who are currently monitoring their blood glucose who do not fall into the exclusion groups defined below should be identified for review and considered for a switch to preferred First Choice product.

The review should take into account whether the patient should continue to test at all. Blood glucose testing is unlikely to be necessary in patients controlled on diet and exercise alone. If diagnosed with type 2 diabetes, blood glucose testing is particularly advocated if the patient is on sulfonylureas or glinides (i.e. glucose lowering therapy) or is experiencing hypoglycaemia, hyperglycaemia or other symptoms of poor diabetic control; it can also be a useful addition to education on diet and lifestyle and for patients with inter-current illness.

Blood glucose testing is recommended in all patients with type 1 diabetes mellitus or Type 2 patients on insulin.

It is recommended that any switching should be done as part of a face to face consultation with provision made for further follow-ups if required. Consider removing strips (& lancets) from repeats if infrequent users and give as an acute prescription at annual review to prevent overuse / waste.

Where there is shared care between primary care and hospital based specialist teams, it is important that the decision to change meter in primary care is communicated to the specialist service to avoid any potential confusion or misunderstanding.

Patients should be advised that if their test results with a new meter are radically different from those recorded previously, particularly if they are not experiencing any signs or symptoms that indicate a change in their condition, they should seek urgent medical advice.

Exclusions: The following patient groups should be excluded from any switch:

- Those who are registered blind or partially sighted who may use meters with large displays or with voice guidance. Meters with voice guidance: *Caresens N Voice, GlucoRx Nexus Voice*
- Those who are being remotely managed by systems such as “Telehealth” or those who are reliant on healthcare professionals to download and retain a log of their results

The following may be considered for switching at a face to face consultation (prioritising those on discontinued strips):

- Children / adolescents aged less than 18 years of age
- Those with existing or gestational diabetes during pregnancy
- Those using insulin pumps
- Patients with Type1 Diabetes
- Those who use their meters to support insulin dose calculations

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