

Quick Guide to reviewing Blood Glucose Monitors Revised December 2017

This document is an update of the MKCCG Review of Blood Glucose Strips 2015. It has taken into account changes in national availability of machines and changes in costs.

In April 2016 – March 2017 Milton Keynes spent £920K on SMBG strips (3% of total Prescribing Spend). Of this, 85% was spent on test strips costing more than £10 for 50 strips. Therefore we have amended the tier system to “first choice” & “alternative choice” BGTS costing below £10. These all meet the ISO requirements.

There is still a significant amount of prescribing for test strips from companies who no longer support these 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 locally preferred Blood Glucose Testing Strip choices are:

First Choice BGTS – costs below £10.00

Blood Glucose Test Strip	Manufacturer	Cost per 50 strips	Further information
TEE2	Spirit Healthcare	£7.75	For non-insulin users & those who generally have stable control (Long shelf life for strips, suitable infrequent testing)
WaveSense Jazz	Agamatrix	£9.87	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 and can calculate insulin dose – initiated in hospital; repeat prescriptions in primary care.
Mobile Accu-check	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
Second line option for those unable to use WaveSense Jazz Wireless - need support to calculate insulin doses			
GlucoMen Areo Sensor Strips / Ketone Sensor strips (Glucomen Areo 2k meter)	Menarini	£9.95	Cost-effective first choice for patients who need to test for glucose and ketones (£9.95 for 10 ketone test strips). Patients currently using GlucoMen Areo meter for glucose monitoring only may continue on this.
Aviva for users of Accu-Chek Aviva Expert Meter only	Roche	£16.09	** Only to be used if patient is Type 1 on a basal bolus insulin regime <u>and</u> who is trained to count carbohydrates and who cannot calculate insulin dose – initiated in hospital; repeat prescriptions in primary care

Alternative Choice BGTS – costs below £10.00; May be continued if already in use

Blood Glucose Test Strip	Manufacturer	Cost per 50 strips
Active Accu-check (NB No new patients – machine discontinued)	Roche	£9.95
CareSens PRO	Spirit Healthcare	£9.95
Contour	Bayer	£9.95
Contour TS	Bayer	£9.50
GlucoRx Nexus, HCT and Q	GlucoRx	£9.95, £9.95, £5.45
GluNEO	Neon Diagnostics	£9.89
Mylife Pura	Ypsomed	£9.50
Omnitest 3	Braun Medical	£9.89
OneTouch Select Plus	LifeScan	£9.99
Performa (Nano) Accu-check	Roche	£9.95
SD Codefree	SD Biosensor	£6.99
SuperCheck 2	Apollo	£8.49
TRUEyou	Nipro Diagnostics	£9.92

Test strips to be reviewed and switched to a first line choice – costs above £10.00

Blood Glucose Test Strip	Manufacturer	Cost per 50 strips
Aviva Accu-chek ** <i>Review all type 2 users</i>	Roche	£16.09
BGStar	Sanofi	£14.73
CareSens N	Spirit Healthcare	£12.75
Contour Next	Bayer	£15.04
Freestyle Lite	Abbott	£16.10
Freestyle Optium	Abbott	£16.00
GlucoMen LX Sensor	Menarini Diagnostics	£15.76
MediSense SoftSense	Abbott	£15.05
OneTouch Verio	LifeScan	£15.12
Sensocard	BBI Healthcare	£16.30
TRUEresult	Nipro Diagnostics	£14.99
TrueTrack	Nipro Diagnostics	£14.99

Test strips to be reviewed – Meters no longer supported or inadequate evidence of ISO compliance

Patients currently on meters that are no longer supported by their manufacturer or for which there was inadequate evidence of compliance with international standards **should be prioritised for review and switching**. These include meters using the following strips:

Blood Glucose Test Strip	Manufacturer	Cost per 50 strips
Breeze 2	Bayer	£15.00
Compact	Roche	£16.53
Dario	Advanced Therapeutics	£14.95
Freestyle	Abbott	£16.10
GlucoLab	Neon Diagnostics	£9.89
Glucomen GM	Menarini Diagnostics	£9.95
Glucomen Sensor	Menarini Diagnostics	£14.83
Glucomen Visio	Menarini Diagnostics	£15.75
Mendor Discreet	SpingMed Solutions	£14.75
One Touch Ultra	LifeScan	£9.99
One Touch Vita	LifeScan	£15.07
Palmdoc iCare	Palmdoc	£9.70

Prices are based on November '17 Drug Tariff.

Freestyle Libre

Please note that the CCG does not routinely commission Freestyle Libre. GPs **should not** initiate its use or provide prescriptions for sensors if the patient has purchased the meter themselves. Individual applications will be considered from Diabetes Specialists on a case by case basis.

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 a non-ISO compliant meter):

- 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