

## Guidance for the choice of blood glucose testing meters, strips and lancets

This guidance is intended to assist healthcare professionals in their selection of appropriate blood glucose meters and testing strips. It has been developed by the Medicines Optimisation team working in collaboration with the Diabetic Specialist Nurses and is intended for use by healthcare professionals working across the practices of Greater Preston and Chorley & South Ribble CCGs.

The choice of meter included reflects a multidisciplinary review of

- Compliance with the current ISO standards for glucose testing meters
- Clinical features of the meters for example connectivity, suitability for particular patient groups
- Cost effectiveness of testing strips

**Requests for meters and testing strips outside of this guidance should be at the request of the Specialist Diabetes team only and where an individual patient need has been identified.**

Meters should be provided free of charge from GP surgeries or diabetic clinics. Patients should be dissuaded from buying their own meter – **the prescribing of strips and lancets for patients own purchased meters is not supported by the CCG.**

Please consult Lancashire Medicines Management Group guidance on the Home Monitoring of Blood Glucose Levels for further guidance on the frequency of monitoring and the quantity of testing strips to be prescribed in type 1 and type 2 diabetics.

<http://www.lancsmmg.nhs.uk/download/guidelines/Home-Monitoring-of-Blood-Glucose-Levels-Guidelines-Version-1.0.pdf>

Meter name	Place in therapy	Diabetes type	Recommended for use in	Parameters measured	Manufacturer	Recommended test strip
<b>Meters for General Use in Patients with Type 1 Diabetes Mellitus</b>						
Gluco Rx Original	1 <sup>st</sup> choice	Type 1 & Type 2	General use	Glucose	Gluco Rx	Gluco Rx Q
CareSens Dual	1 <sup>st</sup> choice	Type 1	General use	Glucose and ketone	Spirit Healthcare	Care Sens PRO blood glucose test strips KetoSens blood ketone test strips
KEYA Smart	2 <sup>nd</sup> choice	Type 1	General use	Glucose and ketone	Inside Biometrics	KEYA Smart
FreeStyle Optium Neo	2 <sup>nd</sup> choice	Type 1	General use	Glucose and ketone	Abbott	FreeStyle Optium blood glucose test strips FreeStyle Optium blood beta-ketone test strips
<b>Meters for General Use in Patients with Type 2 diabetes Mellitus</b>						
Gluco Rx Original	1 <sup>st</sup> choice	Type 1 & Type 2	General use	Glucose	Gluco Rx	Gluco Rx Q
Accu-Chek Performa Nano	2 <sup>nd</sup> choice	Type 2	General use	Glucose	Roche	Performa
Gluco Rx Nexus	3 <sup>rd</sup> choice	Type 2	General use / suitable for patients with poor vision	Glucose	Gluco Rx	Gluco Rx Nexus Strips

Meter name	Place in therapy	Diabetes type	Recommended for use in	Parameters measured	Manufacturer	Recommended test strip
<b>Meters for Specialist Use</b>						
Gluco Rx voice		Type 1 & 2	Visually impaired	Glucose	Gluco Rx	Gluco Rx Nexus Strips
Accu-Chek Mobile		Type 1 and 2	Type 1 and Type 2 with poor dexterity	Glucose	Roche	Mobile Test Cassette
Contour Next Link		Type 1	Patients with compatible insulin pumps	Glucose	Bayer	Contour Next
Contour Next USB		Type 1	Specialist care	Glucose	Bayer	Contour Next
Accu-Chek Aviva Expert	Secondary care initiated	Type 1 bolus adviser	Specialist care	Glucose	Roche	Accu-Chek Aviva



BGTS with an acquisition price ≤ £10 are deemed to be cost-effective and highlighted in green.

Review date August 2019

## Safety needles and lancets –

### Criteria for use.

- I. (lancets) For use by a patient who due to dexterity problems would otherwise need district nurses to administer insulin
- II. Safety syringes when insulin is being administered by district nurses
- III. To be used if a carer is at risk of needle stick injury from a patient to whom they are administering insulin
- IV. For a needle phobic patients

Safety Lancet	Diameter / gauge	Pack size	Cost/pack
Medium Gauge 30G lancets – suitable for most patients			
Neon Verifine safety lancets	1.8 mm	100	£4.50
Safety syringes and needles	Size	Recommended for use in	Cost/pack
Magellan safety insulin syringe and needle (8mm)	0.3ml	For use with district nurses and carers	£6.60 / 50 pack
	0.5ml		£6.60 / 50 pack
	1ml		£6.60 / 50 pack
Safety needles	Size	Recommended for use in	Cost/ pack
Neon Verifine safety needle	5mm / 31 gauge	For use with district nurses and carers	£14.89 / 100 pack
Microdot Verifine safety pen needles	5mm / 30 gauge	Hospital	£17 / 100 pack

Prices correct Drug Tariff August 2018

## Version Control

Version Number	Amendments made	Date
1	N/A	July 2017
1.1	<ul style="list-style-type: none"> <li>• Addition of Gluco Rx Original meter and Gluco Rx Q test strips as a first choice option for patients with Type 1/ Type 2 diabetes mellitus;</li> <li>• Addition of KEYA Smart meter and test strips as second choice option for patients with Type 1 diabetes mellitus;</li> <li>• Addition of Contour Next Link meter to meters for specialist use;</li> <li>• Accu-Check Performa Nano and Gluco Rx Nexus moved to second and third choice respectively for patients with Type 2 diabetes mellitus;</li> <li>• Contour meter and strips removed from meters for general use in patients with Type 2 diabetes mellitus;</li> <li>• Wavesense Jazz meter and strips removed from meters for specialist use;</li> <li>• Magellan safety insulin syringe and needle (not less than 12 mm) removed;</li> <li>• Neon Verifine safety lancets 1.8mm / 30 gauge added;</li> <li>• Microdot safety lancets removed;</li> <li>• Neon Verifine safety needle 8mm /30 gauge removed;</li> <li>• Microdot Verifine safety pen needle 8mm / 31 gauge added for hospital use.</li> </ul>	August 2018

**Date of next review August 2019**