

## Blood Glucose Meter Formulary

These are the recommended first line and second line meters. Further meters are included in the NHS England document '[Commissioning recommendations following the national assessment of blood glucose and ketone meters, testing strips and lancets](#)'.

| Category | Patient Cohort  | Meter   | Meter Recommendations  | Price per 50 BGT strips (10 ketone strips)   |
|----------|---|---|--|--|
| 1a       | Type 1 diabetes   | Meters and strips which are suitable for the majority of people that also require a ketone testing meter.                       | <b>Preferred option:</b> GlucoFix Tech GK  | <b>£5.95 (£9.95)</b>                         |
|          | or  |   | <b>Other option:</b> GlucoRx HCT   | <b>£8.95 (£9.95)</b>                         |
| 1b       | ketosis prone Type 2 diabetes   | As per 1a, plus require additional functionality.   | <b>Preferred option:</b> GlucoFix Tech GK<br><b>Other option:</b> 4SURE Smart Duo  | <b>£5.95 (£9.95)</b><br><b>£8.99 (£9.92)</b> |
| 2        | Type 2 diabetes   | Meters and strips which are suitable for the majority of people with Type 2 diabetes.   | <b>Preferred option:</b> GlucoFix Tech GK<br><b>Preferred option (elderly patients):</b> Contour Plus Blue<br><b>Other option:</b> Finetest Lite | <b>£5.95</b><br><b>£5.95</b><br><b>£5.95</b> |
| 3        | Type 2 diabetes (enhanced functionality including meters for <b>gestational diabetes</b> and <b>paediatric patients</b> ) | Meters and strips which are suitable for people with Type 2 diabetes that require additional functionality.                     | Type 2 diabetes (enhanced functionality)   |  |
|          |   |   | AgaMatrix Agile (when launched) <b>or</b> WaveSense JAZZ wireless (until AgaMatrix Agile launched).  | <b>£5.99</b><br><b>£8.74</b>                 |
|          |   |   | Type 2 diabetes paediatrics  |  |
|          |   |   | Connect 2 Pharma – On Call Extra Mobile and On Call Extra Voice  | <b>£5.20</b>                                 |
|          |   |   | Type 2 diabetes (Gestational diabetes)   |  |
|          |   |   | AgaMatrix Agile (when launched) <b>or</b> WaveSense JAZZ wireless  | <b>£5.99</b><br><b>£8.74</b>                 |
| 4        | Type 1 and 2 diabetes   | Lancets which are suitable for the majority of people, and which are suitable for people that require additional functionality. | Recommended lancets should be less than <b>£3 per 100</b> .  |  |

Please note - Patients with insulin pumps may require alternative strips that are the most appropriate and suitable for their device.

### Additional Information

| Meter                          | Manufacturer   | Test strip (50)                            | Ketone test strips (10)                         | Technical Support  |
|--------------------------------|--|--|---|--|
| <b>GlucoFix Tech GK</b>        | A. Menarini Diagnostics  | GlucoFix Tech Sensors Test Strips<br>£5.95 | GlucoFix Tech BKetone Sensors Test Strips £9.95 | <a href="#">Glucomen Website</a>   |
| <b>GlucoRx HCT</b>             | GlucoRx  | GlucoRx HCT Glucose Test Strips<br>£8.95   | GlucoRx HCT Ketone Test Strips<br>£9.95         | <a href="#">GlucoRX Website</a><br>0800 007 5892<br><a href="mailto:info@glucorx.co.uk">info@glucorx.co.uk</a>                                       |
| <b>4SURE Smart Duo</b>         | Nipro Diagnostics  | 4SURE Test Strips<br>£8.99                 | B 4SURE beta-ketone Test Strips<br>£9.92        | <a href="#">Nipro Diagnostics</a><br>0800 085 8808<br><a href="mailto:diagnostics-uk@nipro-group.com">diagnostics-uk@nipro-group.com</a>             |
| <b>Contour Plus Blue</b>       | Ascensia   | Contour Plus Test Strips<br>£5.95          |   | <a href="#">Ascensia Website</a><br>0345 600 6030 or 0800 170 1060<br><a href="mailto:diabetessupport@ascensia.com">diabetessupport@ascensia.com</a> |
| <b>Finetest Lite</b>           | Neon Diagnostics   | Finetest Lite test strips<br>£5.95         |   | <a href="#">Neon Diagnostics</a><br>0800 0093378<br><a href="mailto:info@neondiagnosics.co.uk">info@neondiagnosics.co.uk</a>                         |
| <b>Agile</b>                   | AgaMatrix  | AgaMatrix Agile Test Strips<br>£5.99       |   | <a href="#">AgaMatrix Website</a><br>0800 093 1812 (Freephone)<br><a href="mailto:customercare@agamatrix.co.uk">customercare@agamatrix.co.uk</a>     |
| <b>WaveSense JAZZ wireless</b> |  | WaveSense JAZZ Test Strips<br>£8.74        |   |  |
| <b>On Call Extra Mobile</b>    | Connect 2 Pharma   | On Call Extra Test Strips<br>£5.20         |   | <a href="#">On Call Meters Website</a><br>0203 307 4646<br><a href="mailto:info@oncallmeters.co.uk">info@oncallmeters.co.uk</a>                      |
| <b>On Call Extra Voice</b>     |  |  |   |  |
| <b>Lancets</b>                 | <b>Recommended lancets should be less than £3 per 100</b><br>A. Menarini Diagnostics - Glucoject Lancets PLUS £5.50/200(200 pack size only), AgaMatrix - Comfort Twist £2.69/100, AgaMatrix Ultra-thin; Ascensia - Microlet £2.99/100; Connect 2 Pharma - On Call £2.75/100; GlucoRx – GlucoRx £4.50/200; Neon Diagnostics – Neon Verifine safety £2.99/100; Nipro Diagnostics - 4SURE £2.90/100; Spirit Health – CareSens £2.95/100; Trivida – TRUEplus £2.90/100 |  |   |  |

## General Prescribing Tips for Healthcare Professionals

- Agree blood glucose targets appropriate to the patient and what to do if results are outside of target range
- Agree frequency of testing with the patient
- Agree review date with the patient
- Ensure appropriate amount of strips and lancets are prescribed
- Ensure appropriate sharps disposal equipment is available
- Discuss duration of testing for patients with type 2 diabetes
  
- **Safety needles** - Safety devices should only be considered, if injections are given by anyone other than the patient, such as:
  - Community nurses, nursing home nurses and social & domiciliary care staff
  - People who inject with small children around the household and/or sub-optimal sharps disposal options should also consider using safety-engineered devices
  - For certain people with diabetes e.g. those known to be seropositive for Human Immunodeficiency Virus (HIV), Hepatitis B Virus (HBV) and Hepatitis C Virus (HCV), children injecting at school, care homes and prisons.

**Safety needles should not be routinely switched by the practice to alternative brands. Healthcare staff and district nurses are usually trained to use specific needles, changing to an alternative or unfamiliar brand may inadvertently lead to needlestick injuries.**

District nurses are currently trained to use the following needles at place :

| Safety Needle Choice                                 | Place/area              | Supplied Via       |
|--|-------------------------|--------------------|
| Unifine Safe Control Pen Needles                     | York                    | FP10               |
| Unifine Safe Control Pen Needles                     | Scarborough             | FP10               |
| BD Autosshield Duo Safety Needles                    | Harrogate               | FP10               |
| GlucRx Safety Pen Needles or Microdot Safety Needles | HRW/South Tees          | FP10               |
| GlucRx Safety Pen Needles or Microdot Safety Needles | Hull                    | FP10               |
| GlucRx Safety Pen Needles or Microdot Safety Needles | East Riding             | FP10               |
| BD Autosshield Duo Safety Needles                    | North East Lincolnshire | Community provider |
| BD Autosshield Duo Safety Needles                    | North Lincolnshire      | Hospital Supplies  |

- **CGM** – Patients with CGM devices may require up to 1 box (50 strips) of testing strips per month. There is a legal requirement for Group 2 drivers to monitor their blood glucose for the purpose of Group 2 driving. This cohort of patients may require larger quantities of testing strips to be used alongside their CGM device. [DVLA guidance](#)
  
- **People with diabetes should be shown how to use the meter before taking it home – do not simply give out and ask people to work it out for themselves. Blood glucose monitoring is everybody’s responsibility and inaccurate readings may lead to unnecessary and unsafe changes in treatment.**

## Type 2 Diabetes

### Who should test?

- People on sulphonylureas
- People on insulin
- Drivers, as per [DVLA guidance](#)
- People considering pregnancy
- During pregnancy
- During intercurrent illness, especially if steroids are required or medication is changed.

### Please note:

- People with Type 2 diabetes who are diet controlled, take a glitazone, SGLT2, GLP-1 or a gliptin without the addition of sulphonylurea or insulin should **not** be routinely offered SMBG.
- People should be discouraged from testing if there is no clinical benefit from continuing to monitor their blood glucose. There is no clinical benefit in testing once weekly and this should be actively discouraged.
- SMBG in some people with newly diagnosed or established Type 2 diabetes may cause more anxiety and not lead to an improvement in diabetes control. Please consider this carefully and discuss with the patient, especially if the people are keen to purchase their own machine.
- 3-6 monthly HbA1c tests are useful in patients who do not test their own blood glucose. Checking HbA1c yearly may not give sufficient information regularly enough to be of use.
- Patients initiated on test strip meters by specialists for gestational or paediatric diabetes should not be switched to different meters in primary care without prior discussion.

## Type 1 Diabetes

- Adults and children with Type 1 diabetes should not have their meters changed unless the secondary care diabetes team is involved.
- GP practices are encouraged to refer all type 1 patients to secondary care for advice on and support with the care of these patients, with the aim of a shared care approach.
- A method for testing blood ketones should also be available to all type 1 patients and ideally one meter should be used which can test for both ketones and glucose.
- In Type 1 diabetes a variety of blood glucose meters may be used as people may need help with carbohydrate counting and prefer a download facility. Please seek advice from the hospital diabetes team if you are not sure which machine is appropriate.
- Individual targets, frequency of testing, timing and duration of monitoring should be agreed with the individual person.
- Urine testing for glucose is no longer recommended in diabetes, but urine testing for ketones may be appropriate for certain groups e.g. Type 1 diabetes if the person is unable to use a blood ketone machine.