Guidance on the Self-Monitoring of Blood Glucose for Adults with Diabetes for Primary Care in North Yorkshire and York

Published: February 2020

Introduction

This guidance has been approved by the following:

<table>
<thead>
<tr>
<th>Medicines Management Board (North Yorkshire and York CCGs)</th>
<th>29th January 2020</th>
</tr>
</thead>
<tbody>
<tr>
<td>Medicines Commissioning Committee (Vale of York and Scarborough Ryedale CCGs and York NHSFT)</td>
<td>13th May 2020</td>
</tr>
<tr>
<td>Harrogate Area Prescribing Committee (Harrogate &amp; Rural District CCG and HDFT)</td>
<td>Awaiting approval</td>
</tr>
</tbody>
</table>

This guidance is intended to provide information to Primary Care staff to help with deciding which blood glucose machine is appropriate for adult patients with Type 1 and Type 2 diabetes.

All meters recommended in these guidelines meet the ISO standards published in 2013 (ISO: 15197:2013).

Occasionally there may be exceptions to this guidance where the Specialist Diabetes Team have distributed a different meter to meet the needs of specific patients which will result in a prescription need in primary care.

Companies supplying blood glucose meters that are recommended in this guidance have agreed to provide appropriate training and support to practices and their patients.
**TYPE 2 Diabetes**

**Who should test and when?**

- 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 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.

- 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.

**Recommended blood glucose meters for type 2 diabetes**

- **First choice:** Finetest Lite
- **Second choice:** GlucoRx Nexus
## Meters and test strips for patients with Type 2 Diabetes

<table>
<thead>
<tr>
<th>FIRST CHOICE</th>
<th>SECOND CHOICE</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Meter Name</strong></td>
<td>Finetest Lite</td>
</tr>
<tr>
<td><strong>Product Photo</strong></td>
<td><img src="image" alt="Finetest Lite" /></td>
</tr>
<tr>
<td><strong>Test strips</strong></td>
<td>Finetest Lite test strips</td>
</tr>
<tr>
<td><strong>50 strips (£)</strong></td>
<td>£5.95</td>
</tr>
<tr>
<td><strong>Expiry date of strips from opening</strong></td>
<td>6 months</td>
</tr>
<tr>
<td><strong>Manufacturer</strong></td>
<td>Neon Diagnostics</td>
</tr>
</tbody>
</table>
|**Company contact details (ordering and training etc)**| Gillian Baxter  
07709 268148  
01376 500 720 | Avril Smart  
01483 755133  
avril@glucorx.co.uk |
|**Suitable for patients with dexterity issues**| No | Yes |

### Other points to consider:

- Younger patients who would prefer a discreet meter or one with additional technology features, consider using **GlucoRx Nexus with a dongle, which converts a mobile phone into a meter**. (The Dongle can be obtained from the company free of charge).

- Patients with visual impairment, consider **GlucoRx Nexus Voice**

- In pregnancy, use **Finetest Lite**, unless there is a local contract in place, e.g. Agamatrix in VOY CCG

- For patients on dialysis, please contact your local Diabetes Specialist Nurses for advice

- For patients who require meters with displays in languages other than English, please contact your local Diabetes Specialist Nurses for advice.
**TYPE 1 Diabetes**

- People with Type 1 diabetes should not have their meters changed unless a 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.

**Recommended blood glucose meter for type 1 diabetes**

- **First choice:** GlucoRx HCT & Ketone

<table>
<thead>
<tr>
<th>Meter Name</th>
<th>GlucoRx HCT &amp; Ketone</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Type 1 or 2</strong></td>
<td>Type 1</td>
</tr>
<tr>
<td><strong>Product Photo</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Test strips</strong></td>
<td>1. GlucoRx HCT Glucose test strips 2. GlucoRx Ketone test strips</td>
</tr>
<tr>
<td><strong>NHS list price for strips (£)</strong></td>
<td>1. £8.95 for 50 2. £9.95 for 10</td>
</tr>
<tr>
<td><strong>Expiry date of strips from opening</strong></td>
<td>6 months</td>
</tr>
<tr>
<td><strong>Manufacturer</strong></td>
<td>Gluco Rx</td>
</tr>
<tr>
<td><strong>Company contact details</strong></td>
<td>Avril Smart 01483 755133 <a href="mailto:avril@glucorx.co.uk">avril@glucorx.co.uk</a></td>
</tr>
</tbody>
</table>
Please note:

- Patients with insulin pumps may require the following strips:
  - Freestyle test strips
  - Freestyle Lite strips
  - Contour Next test strips
  - Accu-Chek Aviva test strips
  - One Touch Verio test strips.

**General Prescribing Tips for GPs and Nurses**

- 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

**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.

**Review by:** February 2022

**References**

- ISO Standard 15197:2013