

## Quick Guide to reviewing Blood Glucose Monitors Revised August 2020

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
Palmdoc	Palmdoc	£5.90	For Type 1 or Type 2 users. (Palmdoc 2 meter is a multi lingual speaking meter in English / Bengali / Polish / Urdu and Arabic)
TRUE Metrix	Trividia	£6.95	For Type 1 or Type 2 users
Performa	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
<b>Options for special situations</b>			
WaveSense Jazz	Agamatrix	£8.74	For Type 1 or Type 2 insulin users. Please prescribe Jazz Duo pack for those who are infrequent testers - <b>longer shelf life for strips as comes in 2 x 25 packs.</b>
Mobile Accu-chek	Roche	£9.99	Type 1 or 2 insulin users who are <b>frequent testers (90 day expiry of cartridge once opened)</b> and would benefit from an integrated system e.g. drivers. Patients switched from Aviva can use Mobile strips with <b>"mySugr"</b> platform to help with carb counting and Bolus advice (Adults only).
<b>For patients requiring ketone monitoring</b>			
CareSens Dual meter CareSens Pro KetoSens (Ketones)	Spirit	£9.95 £9.95 (10)	Cost-effective first choice for patients who need to test for <b>glucose and ketones</b> . The CareSens meters require less blood than other meters and are more robust.
4Sure Smart Duo	Nipro	£9.92	Alternative choice for patients who need to test for glucose and ketones. App available to support self-management in Type 1 diabetes
<b>For patients requiring help to calculate insulin dose</b>			
MyLife Unio	Ypsomed	£9.50	Only to be used if patient is Type 1 on a basal bolus insulin regime <u>and</u> who is <b>trained to count carbohydrates and who cannot calculate insulin dose</b> – initiated in hospital; repeat prescriptions in primary care
Aviva for users of Accu-Chek Aviva Expert Meter & Insulin Pumps only	Roche	£16.21	<b>**</b> Only to be used if patient is Type 1 on a basal bolus insulin regime <u>and</u> who is <b>trained to count carbohydrates and who cannot calculate insulin dose</b> – initiated in hospital; repeat prescriptions in primary care. <b>Aviva meter is being phased out over the next 18 months – please do not start any new patients on these strips and consider a switch for adult patients to MyLife Unio Neva Meter. Paediatric patients should continue until strips run out or seek specialist advice</b>

**For use in patients with Insulin Pumps only – hospital initiation.**

<b>Contour Next</b>	Bayer	£15.16	<b>Medtronic Pump</b>
<b>Freestyle Lite</b>	Abbott	£16.41	<b>Omnipod Pump</b>
<b>Mylife Unio</b>	Ypsomed	£9.50	<b>Ypsomed Pump</b>

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

<b>Blood Glucose Test Strip</b>	<b>Manufacturer</b>	<b>Cost per 50 strips</b>
<b>Active Accu-chek</b> (NB No longer in Drug Tariff)	Roche	£10.03
<b>BGStar</b>	Sanofi	£14.73
<b>CareSens N</b>	Spirit Healthcare	£12.75
<b>Compact</b> (NB No longer in Drug Tariff)	Roche	£16.65
<b>Contour</b>	Bayer	£9.99
<b>Contour TS</b>	Bayer	£9.60
<b>Freestyle</b>	Abbott	£16.40
<b>Freestyle Lite</b> (See above – for patients with insulin pumps only!)	Abbott	£16.41
<b>Freestyle Optium</b>	Abbott	£16.30
<b>Glucomen Areo</b> (No new patients to be started as more than £8 for 50 strips target)	Menarini Diagnostics	£9.95
<b>GlucoMen LX Sensor, Sensor Visio</b> (no longer in Drug Tariff)	Menarini Diagnostics	£15.76, £9.95,
<b>GlucoRx Nexus, HCT</b>	GlucoRx	£8.95
<b>Mylife Pura</b>	Ypsomed	£9.50
<b>Omnitest 3 &amp; 5</b>	Braun Medical	£9.89, £9.89
<b>OneTouch Select Plus</b>	LifeScan	£9.99
<b>OneTouch Verio</b>	LifeScan	£15.12
<b>TRUEresult</b>	Nipro Diagnostics	£14.99
<b>TRUEyou</b>	Nipro Diagnostics	£9.92

List based on current prescribing locally and prices are based on January 2020 Drug Tariff.

**Lancets**

<b>Blood Glucose Test Strip</b>	<b>Manufacturer</b>	<b>Compatible lancets-</b>
<b>GlucoRx Q</b>	GlucoRx	GlucoRx 0.31mm/30 Gauge x 200
<b>Palmdoc</b>	Palmdoc	Palmdoc 0.38mm/30 Gauge x 100 Palmdoc iCare Advanced 0.38mm/30 Gauge x 100 or 200
<b>TRUE Metrix</b>	Trividia	True Plus 0.32mm/30 Gauge x 100 True Plus 0195mm/33 Gauge x 100 True Plus 0.36mm/28 Gauge x 100
<b>Performa</b>	Roche	Fastclix x 204
<b>TEE2</b>	Spirit Healthcare	CareSens Lancets 0.36mm/28 Gauge x 100 CareSens Lancets 0.31mm/30 Gauge x 100 <b>If using CareSens lancing pen</b>
<b>WaveSense Jazz</b>	Agamatrix	AgaMatrix Ultra-Thin Lancets 0.20mm/33 Gauge x 200 AgaMatrix Ultra-Thin Lancets 0.35mm/28 Gauge x200 <b>If using Agamatrix lancing device</b>
<b>CareSens Pro</b>	Spirit	CareSens 0.3mm/30 gauge x 100 CareSens 0.35mm/28 gauge x 100
<b>Mobile Accu-chek</b>	Roche	<b>Has integrated finger pricker so must be Fast clix lancets. These have replaced softclix and mutliclix lancets</b> FastClix Lancets 0.3mm/30 Gauge x 204
<b>MyLife</b>	Ypsomed	Mylife lancets 0.3mm/30 gauge x 200
<b>Aviva for users of Accu-Chek Aviva Expert Meter only</b>	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: Consider Palmdoc multilingual voice machine first line. Then *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

### **Freestyle Libre**

MKCCG has adopted the NHS England criteria for Flash Glucose Monitoring (Freestyle Libre) from 1<sup>st</sup> 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 and ensure prompt discontinuation when advised by MK IDS.

Please note that strip usage should go down significantly. Please consider reducing strips to 50 per month and give more if required. The frequency of requests and quantities ordered should be monitored.

MKCCG Pharmaceutical Advisers in conjunction with the specialist diabetes teams at Milton Keynes Hospital. November 2017. Revised August 2020. Next review due August 2022