

Practice Staff: Advice for patients when updating a Blood Glucose Meter

Patient education on blood glucose monitoring is vital and can make a big difference to managing diabetes.

1. What equipment is included with the new blood glucose meter:

Meter with lancing device, sample of test strips, sample of lancets (supplied free of charge from company –given out by surgery). A sharps bin will be provided on prescription.

2. How to order blood glucose monitoring equipment?

Test strips, lancets, insulin needles (where required) and sharps bins are available on repeat prescription. Advise patient to order them through the GP Surgery. Utilise online Patient Access for easy ordering.

3. Add a note to consultations which meter has been issued or upload this document and

- add new blood glucose monitoring equipment to acute medicines include: strips, lancets, needles & [sharps bin](#)
- remove old blood glucose monitoring equipment. (This is important; test strips are only compatible with the correct meter.)

4. Demonstrate use of the meter or appraise blood glucose testing technique. (The meter will be set up and ready to use.)

Wash and dry hands, load the lancing device, load the strip into meter (don't touch the sensor), prick finger on the edge of the finger pad– wipe away first drop of blood, add a small droplet to strip, allow meter to calculate blood glucose levels. The result will be stored in the memory, make a record.

5. Advise the patient to read the leaflets inside the box or watch one of the company videos on how to use the meter (see over for details).

6. Explain what to do if an error code appears?

Refer to the instruction manual that comes with the meter it could be something simple e.g. too little blood on the sensor.

7. Explain how often to test blood glucose levels:

| | | | |
|---|---|---|--|
| Oral medicines e.g. Gliclazide, Glimepiride, Tolbutamide | Test : Twice daily at different times for 1 st month then 3 times a week at different times and prior to driving | 1 for first month then 1 every 4 months | The quantity of strips and lancets should be equivalent as you need one strip and one lancet per test. |
| Insulin injection – once daily | Test : 1-2 times per day | 1 pack per month | |
| Insulin injection – twice daily Basal bolus | 2-3 times per day 4 times a day | 2 packs per month 3 packs per month | |

8. Explain the blood glucose levels that the patient should aim for: before eating they should be between 4 to 7*mmol and under 8.5 to 9*mmol two hours after eating

*or as recommended by diabetes nurse / consultant.

9. Explain how to interpret and action results and where to record them for the healthcare professional to review. Advise patient to always bring this record of results to diabetic appointments.

- If blood glucose levels are less than 4mmol this may indicate low blood sugar and may cause something known as a 'hypo' or hypoglycaemia – [symptoms of low blood glucose levels](#) are feeling hungry, sweating, tingling lips, feeling shaky or trembling, dizziness, feeling tired, a fast or pounding heartbeat, becoming easily irritated, tearful stroppy or moody, turning pale, weakness, passing out. **Action required** – have a sugary drink or snack - a fizzy drink (**not** a diet / sugar free version), or fruit juice, sweets, or four to five dextrose tablets, test again after 15 mins, if blood sugar still low repeat the sugary drink or snack, then follow this with some toast or your meal containing carbohydrates.
- If blood glucose levels are 11mmol, 2 hours after meals and higher discuss with your healthcare professional. You should be aware of symptoms of hyperglycaemia – [symptoms of high blood glucose levels](#), which include increased thirst and dry mouth, needing to pee often, tiredness, blurred vision, unintentional weight loss, recurrent infections, fruity breath. You should get urgent medical attention if you are; feeling or being sick, have rapid deep breathing, tummy pain, diarrhoea, fever, signs of dehydration – headache and difficulty staying awake.

10. Advise on safe disposal of used sharps – discuss the information on the [Sharps Patient Information Leaflet](#).

11. Advise on cleaning / recalibrating the meter.

See meter instruction guide for advice on how to clean your meter. Explain to the patient what the bottle of test solution is for. The meter needs to be recalibrated when opening a new pot of strips or if the readings are unusual. If the meter comes without test solution order from the customer helpline (see over for details).

12. Make the patient aware that guidance on driving and Diabetes information is available  <https://www.gov.uk/diabetes-driving> search for Driving and Diabetes.

Drivers must practice appropriate blood glucose monitoring and must be under regular review. If driving professionally, e.g. a bus, coach or lorry - **drivers must inform the DVLA if taking medication or insulin**. Drivers should always carry blood glucose testing equipment and glucose tablets or equivalent.

13. Advise not to over order blood glucose monitoring equipment – discuss quantities. Items are expensive and do expire (expiry date of test strips change once the pot is opened).

This guide could be personalised to the patient and they could have a copy to keep and it could also be scanned and uploaded to the patient's record on EMIS as a record of the consultation.

| Tick meter issued | Formulary Meter Options | Photo of the meter | Starter pack comes with | Calibration Solutions | Compatible test strips and lancets | How many readings does this meter store? | Bluetooth / Wireless | Link to video or information: | Freephone Customer Care Lines |
|--------------------------|---|---|---------------------------------------|---|---|--|--|---|---|
| <input type="checkbox"/> | Wavesense JAZZ™ (AgaMatrix) |  | 25 test strips & 30 lancets | Test solution in the box | Wavesense JAZZ DUO Test Strip (2 x 25) AgaMatrix lancets (200) | 1,865 | Download to Zero-Click™ Data Management Software. Contact Customer Care for free of charge cable. | http://agamatrix.co.uk/videos |  0800 093 1812 (Freephone) Email: customercare@agamatrix.co.uk |
| <input type="checkbox"/> | Wavesense JAZZ™ WIRELESS (AgaMatrix)  |  | 25 test strips & 30 lancets | Test solution in the box | Wavesense JAZZ DUO Test Strip (2 x 25) AgaMatrix lancets (200) | Memory within meter 300. Unlimited within the AgaMatrix Diabetes Manager app. | Use Bluetooth to connect to the AgaMatrix Diabetes Manager App. | http://agamatrix.co.uk/videos |  0800 093 1812 (Freephone) Email: customercare@agamatrix.co.uk |
| <input type="checkbox"/> | Tee2 + (new Tee2 model) (Spirit)  |  | 10 test strips & 10 lancets | Test solution in the box | TEE2 test strip (50) Caresens lancets (100) | 1000 in meter (Unlimited with the App) | Use Bluetooth to connect to SmartLog™ Diabetes Management Service App. (Cable available free of charge) connectivity to Diasend™ | How to perform a blood glucose test (previous Tee2 model in video) https://www.youtube.com/watch?v=cpfdi2Ro6Mw Pairing the meter with smart phone: See Owner's booklet in box |  0800 881 5423 (Freephone) 24/7 365 days a year Email: cs@spirit-healthcare.co.uk |
| <input type="checkbox"/> | Accu-Chek Performa Nano <i>with fastclix lancing device</i> (Roche) |  | 10 test strips & 2 drums of 6 lancets | Phone the Customer Care Line who will supply free of charge | Accu-Chek Performa Test Strips (50) Fastclix lancets (204) | 500 | Data downloading to a suitably equipped PC | |  0800 701 000 (Freephone) Email: www.accu-chek.co.uk/contact-accu-chek-uk-and-roi |