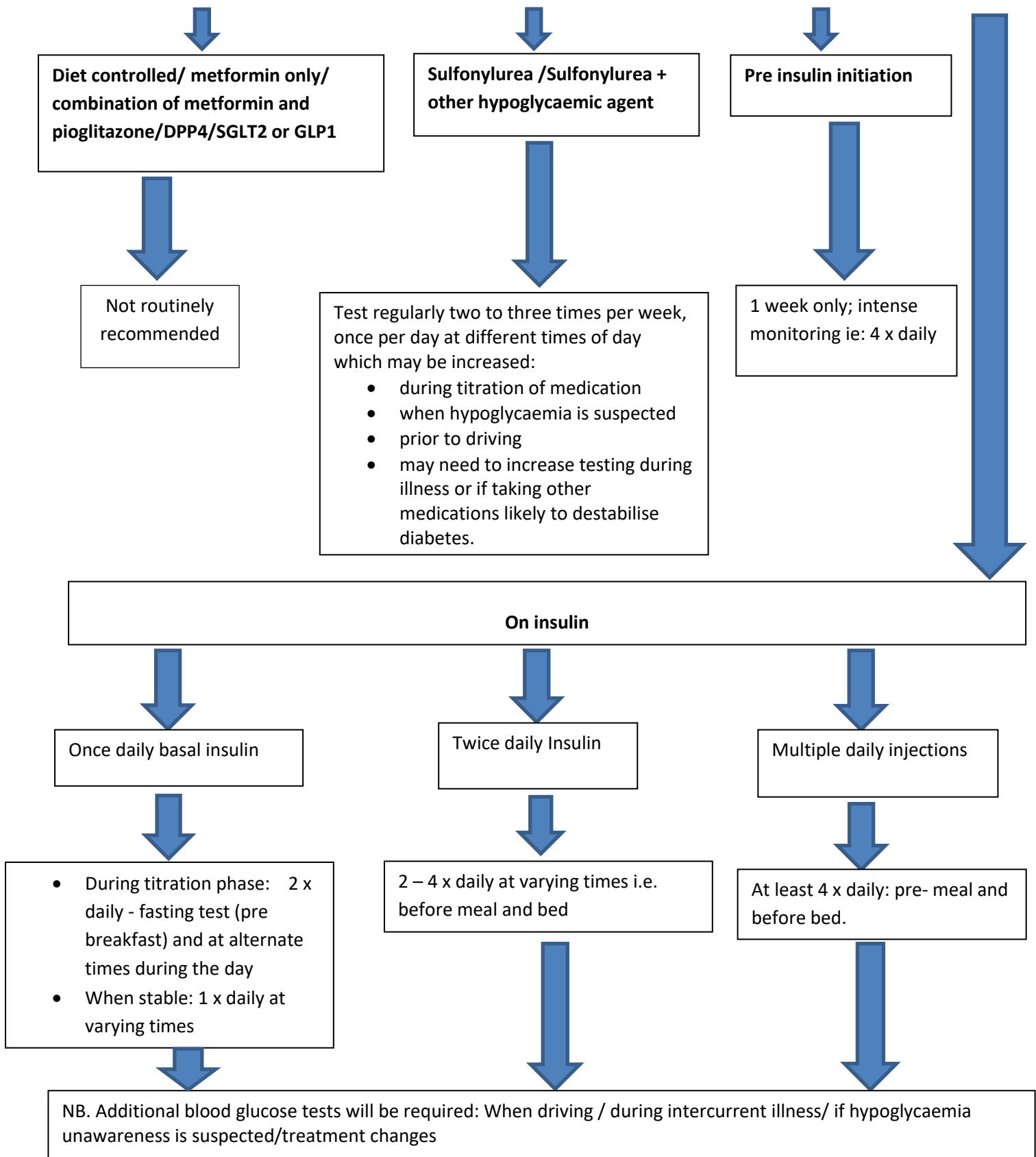
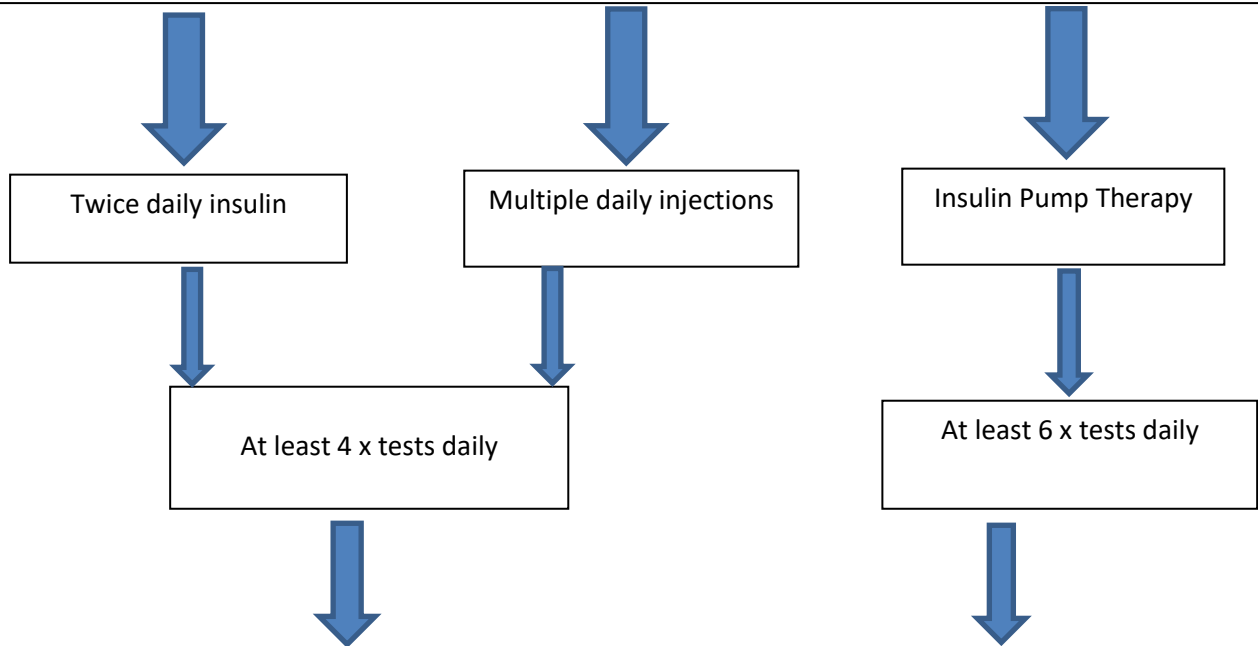


## Herefordshire Diabetes Guideline for Self-Monitoring Blood Glucose (SMBG)

### Type 2 Diabetes Recommended SMBG ([NICE Guidelines for Type 2 Diabetes-NG28](#))



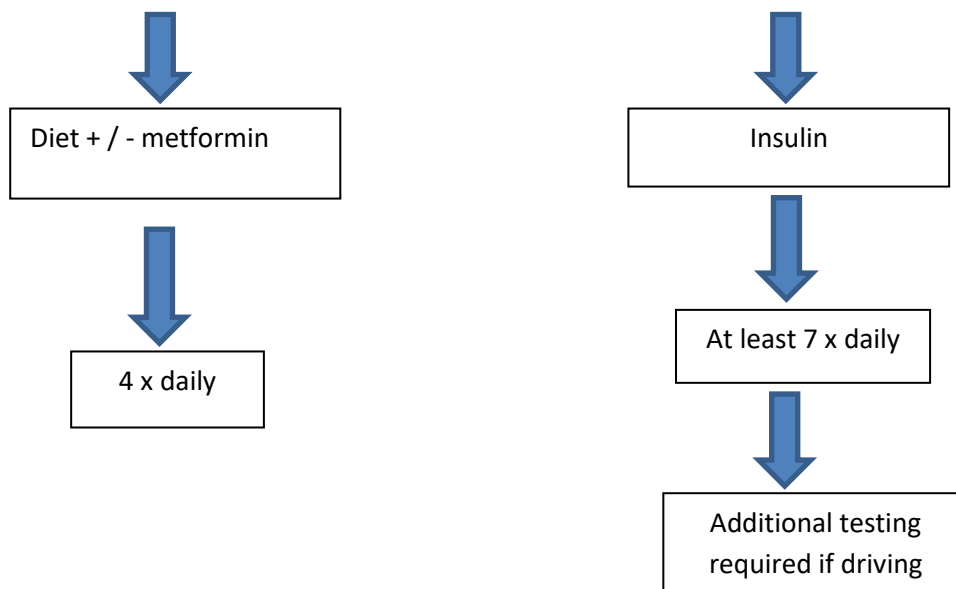
**Type 1 Diabetes Recommended SMBG [\(NICE Guidelines for Type 1 Diabetes-NG17\)](#)**



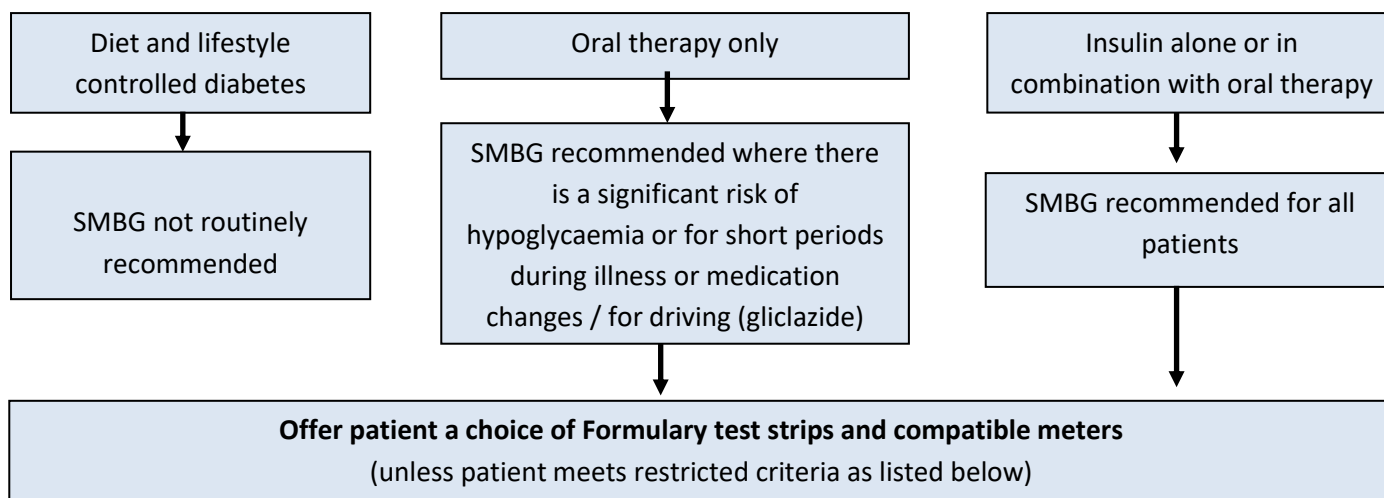
NB. Additional blood glucose tests will be required:

- Intensifying insulin regimes to improve HbA1c
- Frequency of hypoglycaemia has increased
- The person has hypoglycaemia unawareness
- Driving as per DVLA guidelines
- During periods of illness
- Before, during and after physical activity
- When planning pregnancy, during pregnancy and when breast feeding.

**Diabetes in Pregnancy Recommended SMBG**



## Selecting an appropriate SMBG test strip for people with type 1 and type 2 diabetes



## Cost effective Formulary SMBG test strips

Choice dependant on:	Meter <i>company</i>	Test Strip	£/ 50 Strips	Lancet	choice dependant on increasing complexity and cost
For testing blood glucose & ketone testing e.g. patients with type 1 diabetes	<b>Caresens Dual Spirit</b>	Caresens PRO (50) Ketosens (10)	£9.95 £9.95	Caresens	
Basic Monitoring e.g. patients with type 2 diabetes	<b>TEE2+ Spirit</b>	TEE2	£7.75	Caresens	
	<b>WaveSense JAZZ Wavesense JAZZ (Wireless) AgaMatrix</b>	WaveSense JAZZ DUO	£8.74	AgaMatrix 28g / 33g	
	<b>Accu-Chek Performa Nano Roche</b>	Performa	£7.50	Fastclix	
Where dexterity issues and lifestyle make using a blood glucose strip unmanageable	<b>Mobile Roche</b>	Accu-Chek Mobile	£9.99	Fastclix	
Visually impaired	<b>CareSens N Voice Spirit</b>	CareSens N	£12.75	Caresens	
Gestational diabetes	<b>CareSens N Spirit</b>	CareSens N	£12.75	Caresens	
Gestational diabetes	<b>Contour Next Ascensia</b>	Contour Next	£15.16	Microlet	
Only for patients carbohydrate counting / paediatrics	<b>Accu-Chek Expert Roche</b>	Accu-Chek Aviva	£16.21	Fastclix	
Restricted for those using Pumps	<b>Contour Next (Link Pump) Ascensia</b>	Contour Next	£15.16	Caresens	

Review patients face to face review to ensure patient needs are discussed as well as cost effectiveness review including frequency of use and product choice.  
NICE recommend structured assessment of SMBG at least annually.

## Formulary insulin needles:

Cost effective needles range from £2.75 to £3.98

NICE guidelines ([NG17](#)) recommend after taking clinical factors into account, choose needles with the lowest acquisition cost for use with insulin pen injectors.




Insulin Needles	Size	£/100	Notes
<b>BD Viva®</b> <i>Becton Dickinson</i>	4mm/32g 5mm/31g 6mm/31g	£3.59 for 90 (£3.98/100)	<ul style="list-style-type: none"> <li>Review patients face to face annually as recommended by NICE.</li> <li>Pen needle fittings are universal &amp; single use only.</li> <li>Discuss clinical need.</li> <li>Discuss injecting technique and to rotate insulin injections sites and avoid repeated injections at the same point within sites.</li> <li>The Forum for Injection Technique (FIT) UK considers the <b>4mm needle to be the safest pen needle</b> for adults and children regardless of age, gender and Body Mass Index (BMI). Needles longer than 6mm <b>not</b> recommended. Longer needles may, in some cases, increase potential of inappropriate intramuscular injection of insulin resulting in hypoglycaemia. <a href="#">See Forum for injection Technique leaflet.</a></li> <li>Avoid /review 33 gauge needles cost significantly more</li> <li>Provide suitable containers for collecting used needles and sharps see links below <a href="#">Sharps PIL</a> &amp; <a href="#">Sharps Formulary</a></li> </ul>
<b>GlucorX Carepoint®</b> <i>GLUCORX</i>	4mm/31g 5mm/31g 6mm/31g	£2.75	
<b>Omnican Fine®</b> <i>BBraun</i>	4mm/32g 5mm/32g 6mm/32g	£3.95	
<b>TriCare®</b> <i>Owen Mumford</i>	4mm/32g 5mm/31g 6mm/31g	£3.95	
<b>BD AutoShield Duo</b> SAFETY Needle <i>Becton Dickinson</i>	5mm/30g	£30.41	

## Formulary Lancets:

Lancet	Pack Size	Gauge	Manufacturer	£/100	£ per pack
<b>AgaMatrix</b> Ultra Thin	200	28G / 33G	AgaMatrix	£2.72	£5.43/200
<b>CareSens</b> Lancets	100	28G / 30G	Spirit	£2.95	£2.95/100
<b>FastClix</b> (For Fastclix lancing device only)	204	30G	Roche	£2.89	£5.90/200
<b>GlucorX Lancets</b> (Comes with lancing device)	200	33G	GlucorX	£2.25	£4.50/200
<b>GlucorX SAFETY</b> Lancet	100	28G/30	GlucorX	£5.50	£5.50/100

## Formulary Sharps Bins:

A Sharps Disposal Patient Information Leaflet is available [here](#).

Formulary <b>LARGE</b>	<b>Sharpsguard</b> <i>Daniels Healthcare</i>	5 Litre*		£1.23*	<b>*Most cost-effective option</b>  For regular users of injectables e.g. insulin needles and insulin pumps.
Formulary <b>MEDIUM</b>	<b>Sharpsafe</b> <i>Frontier Medical Group</i>	1.8 Litre*		£1.15*	For patients who are occasionally injecting e.g. GLP1 pens, needles
Formulary <b>SMALL</b>	<b>Sharpsafe</b> <i>Frontier Medical Group</i>	1 Litre		£0.85	For patients blood glucose monitoring to dispose of used lancets.
Formulary <b>SMALL</b>	<b>Sharpsguard</b> <i>Daniels Healthcare</i>	1 Litre		£0.87	

## Education & Training

Training updates with respect to NICE and local guidance will be organised via Diabetes Team Wye Valley NHS Trust, CCG Medicines Optimisation Team, Diabetes Forum and Practice Nurse Forum. Additional sessions can be organised to familiarise health care professionals with devices depending on local needs, contact Diabetes Team on 01432 364066.

***Where using Commercial Sponsorship or education ensure compliance with NHS guidance.***

## Patient Review in Primary Care

[NICE](#) recommend structured assessment of SMBG at least annually and this should review of blood glucose monitoring equipment to optimise outcomes and resources.

Insulin pump and paediatric patients will continue to be reviewed by secondary care.

## NHS savings

Review of SMBG is part of local and national QIPP plans to allow patients access to new improved technology and equipment whilst assuring use of most cost-effective options.

Prescribers should use ScriptSwitch to access point of prescribing cost-effective formulary advice message because products and costs change frequently e.g. lancets and needles.