

Blood Glucose Monitoring: A Guide to Prescription Quantities

This guide is to help healthcare professionals set up medication screens for diabetes patients with all blood glucose monitoring equipment and select the right products and quantities in line with local formulary.

Needles

Formulary needle brands: Omnican® Fine 32G , Tricare®, BD Viva®, GlucoRx Carepoint ®, Insupen ® , Mylife Penfine®
All needles should be 4,5,6mm , needles 8mm or longer are not recommended.

Test Strips and Lancets

First Line Test Strips are: Tee 2®, Wavesense Jazz ®, Contour ® , Accu-Chek Performa Nano ® (with Fastclix device)
See all brands and compatibility overleaf.

NB: Patients should use a lancet and a test strip for each blood glucose test therefore quantities issued should match.

Frequency of use	Total	Test Strips (50's)	Needles / Lancets (100's)	Lancets (200's)
1 x per day	30	1 per month	100 per 3 months	200 per 6 months
2 x per day	60	2 per month	100 per month	200 per 3 months
3 x per day	90	2 per month	100 per month	200 per 2 months
4 x per day	120	3 per month	200 per month	200 per month
5 x per day	150	3 per month	200 per month	200 per month
6 x per day	180	4 per month	200 per month	200 per month
7 x per day	210	5 per month	300 per month	200 to 400 per month
8 x per day	240	5 per month	300 per month	400 per month

Patients may require more lancets and test strips if testing more as unstable blood glucose levels, if driving as a profession, unwell or planning a pregnancy.

Sharps Bins

Sharps bins should not be 'in use' for longer than 3 months.

Patient using	Equipment Requirements
Test strip and lancet	1L Sharps Bin (Sharpsguard® or Sharpsafe ®)
GLP1 pen and / or large quantity of test strips and lancets	1.8L Sharps Bin (Sharpsafe®)
Insulin or insulin pump	5L Sharps Bin (Sharpsguard®)

Insulin

Prescribers should be alerted if a patient has a break in collecting insulin unless consultations give plausible reasons.

Prescription insulin quantities Guide one month (based on 30 days)	total insulin units per cartridge	Total daily insulin guide per type. Note: dosage will vary & patients may be prescribed more than one insulin ie basal bolus regimen					
		15 units daily	30 units daily	50 units daily	60 units daily	80 units daily	100 units daily
no of units to be prescribed		450	900	1500	1800	2400	3000
no of 3ml cartridges/pens required	300	2	3	5	6	8	10
no of pen /cartridges packs(5x3ml)	1500	1	1	1	2	2	2

Duplicated items

Please remove any duplicate prescriptions of test strips, lancets or needles

A Guide to Equipment

Patient Group	Equipment Requirements					
	Meter (not available on prescription free of charge via diabetes nurse)	Glucose monitoring test strip	Ketone monitoring test strip	Needles	Lancets	Sharps Bin
Type 2 Diabetes patients taking Gliclazide	✓	✓			✓	✓ 1L
Type 2 diabetes using GLP 1 pens Bydureon® (Exenatide) Victoza® (Liraglutide) Trulicity® (Dulaglutide)	✓	✓		✓ NB: For Victoza® (Liraglutide) 4,5 or 6mm Only	✓	✓ 1.8L
Type 1 diabetes patient	✓	✓	✓ Ketone strips may not be ordered frequently and may be kept by the patient 'just in case' of ketoacidosis symptoms.	✓	✓	✓ 5L
Type 1 diabetes patient with complex requirements i.e. carbohydrate counting and bolus advisor, visual impairment, pregnancy or insulin pump (See table below)	✓	✓		✓	✓	✓ 5L

Meter compatibility / Test strip and Lancets Brands

	First line	First line	First line	First line	Dexterity / Lifestyle issues	Visually impaired & Gestational Diabetes	Newly Diagnosed Glucose & Ketone testing	Newly Diagnosed / Glucose & Ketone testing	Carbohydrate counting / Paediatrics	For Gestational Diabetes / Medtronic Pump
Meter (Available free from Company)	Tee 2 (Spirit)	Wavesense Jazz (Aga Matrix)	Contour (Bayer)	Accu-Chek Performa Nano (Roche)	Accu-Chek Mobile (Roche)	CareSens N Voice Caresens N (Spirit)	Freestyle Optium (Abbott)	Caresens Dual (Spirit)	Accu-Chek Aviva Expert (Roche)	Contour Next (Bayer)
Compatible Glucose Test Strips	Tee 2	Wave Sense Jazz	Contour	Performa	Mobile	Caresens N	Freestyle Optium	Caresens Pro	Aviva Accu-Chek	Contour Next
Cost Glucose testing Strips (50)	£7.75	£8.74	£9.95	£9.95	£9.99	£12.75	£16.00	£9.95	£16.09	£15.04
Strips: expiry after opening	24 months	6 months	As per expiry on pot	As per expiry on pot	As per expiry on pot	As per expiry on pot	Individually foil wrapped	As per expiry on pot	As per expiry on pot	As per expiry on pot
Compatible Ketone Testing strips	-	-	-	-	-	-	Freestyle Optium β-Ketone 10 strips	KetoSens 10 strips	-	-
Cost Ketone testing Strips (50)	-	-	-	-	-	-	£21.53	£9.95	-	-
Lancet*	Care Sens	Aga Matrix Ultra-Thin	Microlet 100's/ 200's	Fastclix	Fastclix	Caresens	Freestyle	Caresens	Fastclix	Microlet
Lancet cost	£2.95 / 100	£5.43 / 200	£7.44 / 200	£5.90 / 204	£5.90 / 204	£2.95 / 100	£7.50 / 200	£2.95 / 100	£5.90 / 204	£7.44 / 200

Many lancets are universal. Lancing devices are usually supplied with the meter, new or spare lancing devices can be requested [free of charge from companies](#).

NB: Fastclix lancets are not compatible with other devices – the drum device holds 6 preloaded lancets – these are the preferred option for children and do not need a sharps bin.

April 2018