





Blood Glucose Monitoring Meter Formulary for Type 2 Diabetes

These guidelines have been written collaboratively with TRFT Community Diabetes Specialist Nurses. It has been agreed that the following meter choices are first line for people with **Type 2 Diabetes** who are required to monitor blood glucose;

Blood Glucose Testing Meter Formulary Choices (Type 2 Diabetes only)				
Product Photo				
Meter	GlucoRx Nexus (available as the usual palm size device, mini device or the Voice device.	Glucomen Areo	Accu-Chek Active	Accu-Chek Performa Nano
Test Strips	GlucO Rx Nexus (£9.95 per pack of 50)	Glucomen Areo Sensor (£9.95 per pack of 50)	Accu-Chek Active test strips (£9.95 per pack of 50)	Accu-Chek Performa Nano test strips (£9.95 per pack of 50)
Lancets	GlucO RX (£5.50 per pack of 200)	Glucoject Lancets PLUS (£5.50 per pack of 200)	Accu-Chek Softclix Lancets (£7.93 per pack of 200)	Accu-Chek Fastclix Lancets (£5.90 per pack of 204)
Prices taken from Jun 17 Drug Tariff				

Urine Test Strips are not recommended. If a patient requests they should be advised to purchase over the counter.

PEN NEEDLE Formulary Choice (for insulin pen devices)

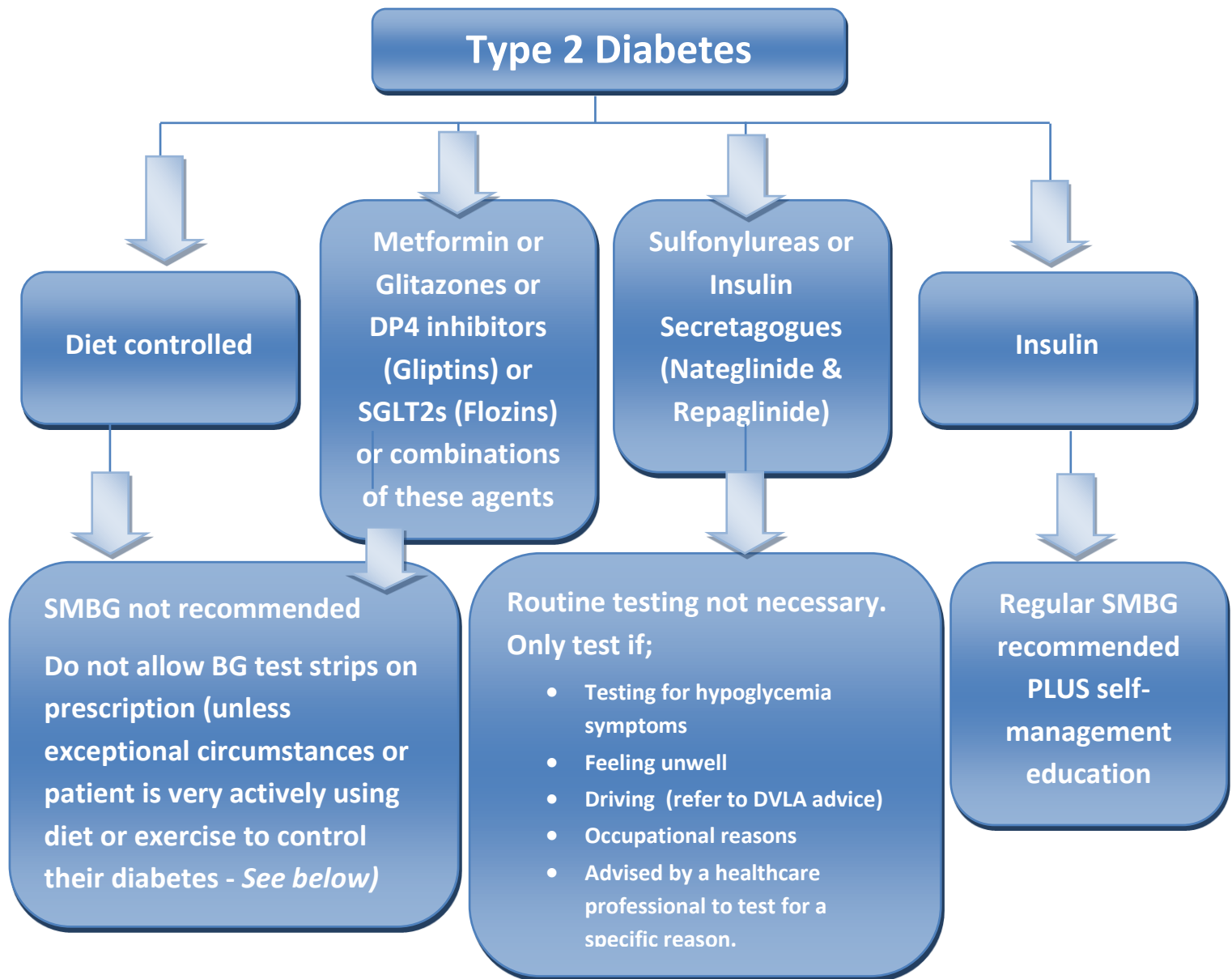
BD Viva		GlucO Rx FinePoint		Tri-Care	
4mm/32 gauge (90)	£5.36	4mm/31 gauge (100)	£5.95	4mm/32 gauge (100)	£5.36
		5mm/31 gauge (100)	£5.95	5mm/31 gauge (100)	£5.36
5mm/31 gauge (90)	£5.36	6mm/31 gauge (100)	£5.95	6mm/31 gauge (100)	£5.36
		8mm/31 gauge (100)	£5.95	8mm/31 gauge (100)	£5.36
8mm/31 gauge (90)	£5.36	10mm/31 gauge (100)	£5.95	Prices taken from June 17 Drug Tariff	
		12mm/31 gauge (100)	£5.95		

Latest diabetes NICE Guidance can be found here; <http://www.nice.org.uk/guidance/ng28>

Latest NICE Guidance for gestational diabetes; <https://www.nice.org.uk/guidance/ng3>

DVLA information on driving and diabetes can be accesses here; <https://www.gov.uk/diabetes-driving>

Guidelines for Self Monitoring of Blood Glucose (SMBG)



Patients that may be required to undertake Self-Monitoring of Blood Glucose (SMBG) more often;

- Patients that are using SMBG to monitor and adjust their diet in a weight reduction programme as part of their diabetes management.
- Patients that in certain occupations that require extensive driving, operating of machinery or climbing may wish to undertake SMBG more often.

Diabetes and pregnancy (known diabetics and if gestation diabetes develops)

- Pregnant patients should be commenced on SMBG as soon as they are pregnant. They should be advised to test before all meals, 1 hr after every meal and at bedtime. The Diabetes nurse is to advise on the targets for glycaemic control.
- They should be referred URGENTLY to the diabetes antenatal clinic to be seen there within 1-2 weeks - this can be facilitated by telephoning the diabetes specialist midwife based in the antenatal clinic.
- Pre-pregnancy- patients who are planning pregnancy should be testing pre- breakfast, 2hrs after all meals and at bedtime. Patients should be referred for multidisciplinary team pre- pregnancy advice in the diabetes antenatal clinic.