**Blood glucose meters, test strips and lancets in type 2 diabetes (T2DM) – Implementation guide**

In November 2023, the Hertfordshire and West Essex Area Prescribing Committee (HWE APC) agreed [local guidance](https://www.hweclinicalguidance.nhs.uk/all-clinical-areas-documents/download?cid=1763&checksum=df9028fcb6b065e000ffe8a4f03eeb38) for prescribing of blood glucose and ketone meters, testing strips and lancets based on updated [NHS England recommendations](https://www.england.nhs.uk/publication/commissioning-recommendations-blood-glucose-and-ketone-meters-testing-strips-and-lancets/).

This document has been developed to support primary care to identify and review **T2DM patients who self-monitor blood glucose levels** to switch to a recommended meter or to deprescribe where appropriate. This review can be **practice-led** (option A, see page 2) or **supplier-led** (options B, see page 3).

1. **HWE ICS recommended blood glucose meters**

The blood glucose meters in the table below are recommended as suitable for the majority of patients with T2DM, that do not require measurement of ketone levels and do not require additional functionality (e.g. on-board carbohydrate counting calculator, large display for visual impairment, and extra memory for group 2 drivers). The blood glucose meters in green are preferred based on cost for HWE ICB.

**Clinicians may continue other meters for this category of patients where blood glucose test strips cost <£6 for 50**.

|  |  |  |
| --- | --- | --- |
| **Meter** | **Compatible blood glucose test strips and cost (50 strips)** | **Lancets compatible with lancing device and available sizes** |
| **Connect 2 pharma - On Call Extra Mobile** | On Call Extra test strips (£5.20) | On Call lancets (0.3mm/30G & 0.46mm/26G) |
| **GlucoRx - GlucoRx Q** | GlucoRx Q test strips (£5.45) | GlucoRx lancets (0.31mm/30G) |
| **Spirit health - CareSens S Fit** | CareSens S test strips (£5.45) | CareSens lancets (0.36mm/28G & 0.31mm/30G) |
| Ascensia - Contour plus blue | Contour plus test strips (£5.95) | Microlet lancets (0.5mm/28G) |
| Neon Diagnostics - Finetest lite | Finetest lite test strips (£5.95) | Greenlan lancets (0.35mm/28G) |
| Trivida - TRUE Metrix Air | TRUE Metrix test strips (£5.95) | TRUEplus lancets (0.36mm/28G, 0.32mm/30G, 0.195mm/33G) |
| Roche - Accu-Chek Instant meter | Accu-Chek Instant test strips (£5.95) | FastClix lancets (0.3mm/30G) |
| AgaMatrix – AgaMatrix Agile | AgaMatrix Agile test strips (£5.99) | AgaMatrix Comfort Twist lancets (30G) |

1. **Flow chart to support review of ongoing need for self-monitoring of blood glucose (SMBG)**

As part of reviews, the need for continued SMBG should be assessed using the following algorithm:

Diet and lifestyle controlled diabetes, control with metformin and/or gliptin (DPP4 inhibitor) and/or gliflozin (SGLT2 inhibitors) and/or a GLP-1 agonist and/or pioglitazone OR newly diagnosed.

SMBG recommended when there is a significant risk of hypoglycaemia (patients treatment regime includes sulfonylurea/glinide) or for short periods during illness or medication changes and for car drivers where relevant.

Insulin therapy alone or in combination therapy.

Pregnant type 2 (and those that develop GDM).

SMBG recommended in all patients.

**Offer patient an appropriate meter and test strips.**

These patients will not routinely require SMBG. If there are exceptional circumstances SMBG for initial period (4 weeks) then review.

**Figure 1**

1. **Inclusion and exclusion criteria to support switch decisions**

The following inclusion and exclusion criteria can be used to identify patients with T2DM who are eligible to switch to a new blood glucose meter in primary care.

**Inclusion criteria**

* The patient is aged 18 years and above.
* The patient has T2DM and is clinically required to self-monitor blood glucose levels.
* The patient is currently using BGTS costing > £6 for 50 strips.

**Exclusion criteria**

* The patient has ketosis prone T2DM and requires a blood glucose meter with functionality to monitor ketones.
* The patient requires a blood glucose meter with additional functionality (includes features such as on-board carbohydrate counting calculator, large display for visual impairment, and extra memory for group 2 drivers).
* Gestational people with T2DM.
* Acute prescriptions.
* Patients receiving end of life care.
* Review and deprescribe ifSMBG is not considered to be clinically required (e.g. Diet and lifestyle controlled T2DM, control with metformin and/or gliptin (DPP-4 inhibitor) and/or gliflozin (SGLT2 inhibitors) and/or a GLP-1 agonist and/or pioglitazone OR newly diagnosed T2DM) (see Figure 1)
* Review and deprescribe if it is more than 6 months since last issue of test strips/lancets.

**Option A – Practice-led switching process**

1. **Identify eligible patients**

* Patient identifiers to support with identifying eligible patients can be requested from the NHSBSA via email using the proforma below. The NHSBSA will provide patient identifiers for:
* Patients prescribed blood glucose testing strips with any non-insulin blood glucose lowering therapies and not prescribed insulin (Metric 1). These patients may be eligible to switch to a new blood glucose meter.
* Patients prescribed blood glucose testing strips with metformin but no insulin (Metric 2). These patients will not routinely require SMBG and deprescribing should be considered.



* Once in receipt of patient identifiers from NHSBSA, review patients in line with the inclusion and exclusion criteria above.

1. **Switch**

**Eligible patients should be switched to one of the following meters:**

1. **On Call Extra Mobile (Connect 2 pharma)**
2. **GlucoRx Q (GlucoRx)**
3. **CareSens S Fit (Spirit Health)**

**Note:** The blood glucose test strips compatible with the above meters are the lowest cost out of the eight recommended meters.

**Process:**

* + Add the test strips and lancets which are compatible with the new blood glucose meter to the patient’s repeat medication list (see table on page 1).
  + Remove previous test strips and lancets from the patient’s repeat medication list.
  + Add a note in the patient’s record to document the action taken. If the patient requires continued SMBG and is not eligible to switch to a new blood glucose meter, add “Do not switch” and provide rationale.
  + Starter kits for the blood glucose meters can be ordered directly from the supplier free of charge. See table below for ordering information and starter kit contents.

|  |  |  |
| --- | --- | --- |
| **Blood Glucose Meter** | **Ordering information** | **Starter kit contents** |
| On Call Extra Mobile | Email [info@conect2pharma.co.uk](mailto:info@conect2pharma.co.uk) or [nick.robinson@connect2pharma.co.uk](mailto:nick.robinson@connect2pharma.co.uk) | On Call Extra Mobile meter (batteries included), On Call Extra test strips (x10), On Call Extra lancets (x10), lancing device, control solution, carry case, and user guide. |
| GlucoRx Q | Tel: 01483 755133 / 0800 007 5892  Email: [orders@glucorx.co.uk](mailto:orders@glucorx.co.uk)  Or complete online order form available at <https://www.glucorx.co.uk/doctors-professionals-area/> | GlucoRx Q meter (batteries included), GlucoRx Q test strips (x10), GlucoRx lancets (x10), lancing device, control solution, carry case, self-test logbook and user guide. |
| CareSens S Fit | Email: [cs@spirit-healthcare.co.uk](mailto:cs@spirit-healthcare.co.uk) | CareSens S Fit meter (batteries included), Caresens S test strips (x10), Caresens lancets (x10), lancing device and user guide. |

1. **Communicate**

* Inform the patient of the changes made to their prescription for blood glucose test strips and lancets.
* Template messages which can be adapted by the practice and sent via the AccuRx text messaging system can be found in Appendix 1. Separate templates are available for patients switching to a new blood glucose meter and for patients whose blood glucose testing strips/lancets have been deprescribed.

**Option B – Supplier-led switching**

1. **Contact company to discuss switch support**

GlucoRx (suppliers of GlucoRx Q) and Spirit Health (suppliers of CareSens S Fit) provide a free of charge service to support practices to switch eligible patients to their respective blood glucose meters. (Note: Connect 2 pharma, the supplier of the meter with the best value test strips, do not provide a switch service for the On Call Extra Mobile meter). Practices should ensure they are satisfied with the full governance and data protection policies of the service providers prior to agreement.

An overview of the service will be provided by GlucoRx and Spirit Health representatives on request. Please see contact details below:

|  |  |
| --- | --- |
| **GlucoRx**  Andrew Sidell  GlucoRx Representative  [andrew.sidell@glucorx.co.uk](mailto:andrew.sidell@glucorx.co.uk) | **Spirit Health**  Claire Swindin  Service Delivery Coordinator  [claire.swindin@spirit-health.com](mailto:claire.swindin@spirit-health.com) |

1. **Communicate**

Those practices using a supplier switch service will need to inform patients in advance, to reduce complaints or confusion arising from unsolicited communication from a commercial company.

It is recommended that practices write to the identified patient cohort in advance of providing the patient list to their preferred provider. In addition, the privacy notice published on the practice’s website should be updated. (Appendix 2).

|  |  |
| --- | --- |
| **Version** | 1.0 |
| **Developed by** | Jamil Khakoo, Pharmaceutical Advisor - Diabetes, HWE ICB; Janet Weir, Lead Pharmacist, HWE ICB |
| **Date ratified** | Medicines Optimisation Delivery and Implementation Group, May 2024 |

**Appendix 1**

* 1. **Template messages for switching to a new blood glucose meter.**

**Patients switch to On Call Extra Mobile**

*Dear patient. You have been issued a new blood glucose meter. Please visit the surgery to collect it. Please finish using all test strips/lancets you have before ordering a prescription for your new test strips/lancets. For meter support, please visit this* [*link*](https://www.oncallmeters.co.uk/patient-homepage/resources/) *or call Connect 2 Pharma on 020 3307 4646*

**Patients switched to GlucoRx Q**

*Dear patient. You have been issued a new blood glucose meter. Please visit the surgery to collect it. Please finish using all test strips/lancets you have before ordering a prescription for your new test strips/lancets. For meter support, please visit this* [*link*](https://www.glucorx.co.uk/q-instructions/) *or call GlucoRx on 01483 755133*

**Patients switched to CareSens S Fit**

*Dear patient. You have been issued a new blood glucose meter. Please visit the surgery to collect it. Please finish using all test strips/lancets you have before ordering a prescription for your new test strips/lancets. For meter support, please visit this* [*link*](https://www.spirit-health.co.uk/wp-content/uploads/2023/03/PGUAA-0000380-REV0-CS-S-Fit-BT-M-Manual-CE-EN-Spirit_230322.pdf) *or call Spirit Health on 0800 881 5423*

* 1. **Template message for deprescribing blood glucose test strips/lancets.**

**SMBG is not considered to be clinically required** ***(alternatively contact patient via telephone)***

*Dear patient. Following a review of your clinical record, a decision has been made to stop your prescriptions for blood glucose test strips and lancets as you are not clinically required to self-monitor blood glucose levels. If you have any questions, please contact the surgery.*

**More than 6 months since last issue of test strips/lancets**

*Dear patient. Following a review of your clinical record, a decision has been made to stop your prescriptions for blood glucose test strips and lancets as these have not been issued for more than 6 months. If you have any questions, please contact the surgery.*

**Appendix 2**

**Suggested letter to patients being switched to a new meter using a supplier switch service**.

*Dear NAME,*

*We are writing to let you know about a change to your blood glucose monitoring prescription.*

*I want to stress that there is no change to your care plan.*

*Following new blood glucose meter recommendations by NHS England, your prescription for test strips and lancets will be updated.*

*This means you will also need a new blood glucose meter.*

*We are working with COMPANY NAME to make this transition as smooth as possible for you. COMPANY NAME will be in touch with you directly to make arrangements for the transfer. This will involve providing you with a new blood glucose meter starter kit and relevant training resources.*

*If you have any concerns or objections to COMPANY NAME contacting you, please contact us as soon as possible.*

*Please note – the change of your meter and equipment will take place, even if you do not want to speak with COMPANY NAME.*

**Suggested Update to Practice Privacy Notice for Practices** **using a supplier switch service.**

*From time to time, we work with specialist companies to provide targeted services to some of our patients.*

*Following new blood glucose meter recommendations by NHS England, the arrangements for blood glucose meters, test strips, and lancets have been updated.*

*We are working with COMPANY NAME to support with switching blood glucose meters, test strips, and lancets. COMPANY NAME will be contacting affected patients directly on our behalf and will be our Data Processors under a legally binding contract.*