**[Practice Name]**[Practice Address 1]  
[Practice Address 2]  
[Practice Address 3]  
[Postcode]

[Date]

**[Patient Name]**  
[Patient Address 1]  
[Patient Address 2]  
[Patient Address 3]  
[Postcode]

Dear Patient,

**Re: Updated guidance on blood glucose monitoring**

The NHS undertakes regular reviews of medicines and medical devices to ensure that patients continue to receive high quality and effective care whilst making the best use of available resources.

Following a recent review, updated guidance on blood glucose monitoring has been introduced to ensure that such monitoring is recommended only when it provides clear benefits. For many people with diabetes, routine blood glucose monitoring may be unnecessary or have limited impact on the management of their condition. Under the updated guidance, blood glucose monitoring is recommended for the following groups:

* People with type 1 diabetes
* People with type 2 diabetes who are on insulin therapy
* People with type 2 diabetes who are taking medicines with high risk of causing hypoglycaemia (low blood sugar)\* and drive or operate machinery
* People with type 2 diabetes who are experiencing hypoglycaemic episodes
* People with type 2 diabetes who are pregnant or planning to become pregnant.

*\*This includes sulfonylureas (e.g. gliclazide, glimepiride, glipizide and tolbutamide) and glinides (e.g. repaglinide).*

We have reviewed your current prescription for blood glucose test strips and lancets in accordance with the updated guidance. Based on your condition and current treatment plan, routine blood glucose monitoring is not necessary for you at this time.

**What does this mean for you?**

* **Discontinuation of blood glucose test strips and lancets**: We will no longer provide you with prescriptions for blood glucose test strips or lancets.
* **Reduced risk of infection:** Avoiding unnecessary finger pricking reduces the risk of infection, as even a minor skin puncture can lead to bacterial infection if not properly managed.

**How will my diabetes be reviewed without routine blood glucose monitoring?**

When you have a diabetes check-up, a blood sample is usually taken for the HbA1c test. This test measures your average blood glucose levels and, for many people with diabetes, this is the only form of blood glucose monitoring required.

We will continue to monitor your HbA1c regularly as part of your diabetes check-ups and ensure that your treatment remains appropriate. If your condition changes, we will reassess the need for blood glucose testing.

If you have any questions about this decision, or would like further clarification, please contact the practice.

Yours sincerely,

[Clinician Name]

[Practice Name]