

Policy on Lancets

- Select a cost-effective lancet from **Table 1** below.
- Only prescribe lancets that cost £3 or less per 100 lancets.
- Prescribe appropriate quantities.
- Lancets are single use only.

Table 1: Cost-effective lancets that cost less than £3 per 100 lancets

Lancets	Size and Gauge	Pack Size
GlucoRx Lancets®	0.31mm/30g	200
Glucoject lancets PLUS®	0.2mm/33g	200
OneTouch Delica®	0.32mm/30g	200

Other cost-effective lancets that can also be prescribed are: Advocate®, AgaMatrix Ultra-Thin®, Apollo twist®, Caresens®, Droplet®, Fastclix®, GlucoZen®, GreenLan®, IME-DC®, Microdot®, Microdot Plus®, Millward Steri-Let®, Mylife lancets®, Mylife multicolour®, Omnican Lance Soft®, Palmdoc Lancets®, Palmdoc iCare Advanced®, TRUEplus Lancets®, Vitrex soft®, VivaCheck Lancets®.

Professional Responsibilities

Healthcare professionals should educate and support patients with Diabetes Mellitus (DM) regarding:

- Correct usage of lancets and lancing devices.
- Frequency of blood glucose monitoring (including patients in whom regular monitoring is not necessary).
- Shelf life, appropriate storage and disposal of lancets.
- Current DVLA requirements.

Self-monitoring of blood glucose levels is essential for DM patients who are insulin dependent. Self-monitoring may also be appropriate for patients who are taking other medicines that can cause hypoglycaemia, e.g. sulfonylureas. Click [here](#) for guidance on the frequency of blood glucose self-monitoring in patients with type 2 DM not controlled by insulin, including DVLA requirements and information on who should not test.

Restrictions to Prescribing of Lancets

- Do not prescribe any other lancets (other than those in Table 1) unless specifically advised to do so by diabetes specialist nurses at WSFT.
- Click [here](#) for a list of high cost lancets that **SHOULD NOT BE PRESCRIBED**.
- ‘Safer sharps’ are medical sharps (including safety lancets) that incorporate features or mechanisms to prevent or minimise the risk of accidental injury.
- **DO NOT** prescribe safety lancets on FP10 for use by health and social care professionals or employees of the health and social care sector; the employer has a legal obligation to provide safer sharps under current Health and Safety regulations.^{1,2,3}
- Exceptional circumstances only: safety lancets may be prescribed on FP10 for use by people who are not health and social care professionals and are not employees in the health and social care sectors, but are finger pricking a patient **and there is a risk of disease transmission (e.g. HIV and hepatitis)**. The cost-effective choice is Neon Verifine Safety Lancets 1.8mm/23G, 28G, 30G and 2.4mm/21G - £4.50/100 lancets.

Other Useful Information

- Lancets are available in different sizes; the higher the gauge, the smaller the diameter of the lancet.
- Lancets should be stored in accordance with the manufacturer’s storage instructions.

References

1. Health and Safety Executive - Health and Safety (Sharp Instruments in Healthcare) Regulations 2013 <http://www.hse.gov.uk/pubns/hsis7.pdf>
2. Sharps safety - RCN Guidance to support the implementation of The Health and Safety (Sharp Instruments in Healthcare Regulations) 2013 <https://ffim.ac.uk/wp-content/uploads/documentstore/1369221314.pdf>
3. Care Quality Commission - Health and Social Care Act 2008 (Regulated Activities) Regulations 2014 <https://www.cqc.org.uk/guidance-providers/regulations-enforcement/regulations-service-providers-managers>
4. Mims online - <https://www.mims.co.uk/table-insulin-preparations/diabetes/article/1427971>