



## Policy on Blood Glucose Meters and Blood Glucose Testing Strips for adults aged 19 and older

Healthcare professionals should provide education and support for patients with Diabetes Mellitus (DM) regarding:

- Correct usage of blood glucose meters and testing strips (including meter maintenance)
- Frequency of testing (including who should not test)
- Cost effective choice of products for blood glucose monitoring
- Shelf life and appropriate storage of blood glucose testing strips
- Current Driver and Vehicle Licensing Agency (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 than can cause hypoglycaemia, e.g. sulfonylureas.

Click [here](#) for guidance on the frequency of glucose self-monitoring in patients with Type II DM not controlled by insulin, including DVLA requirements and information on who should not test.

### Selection of Blood Glucose Meter (BGM)

- Select a BGM that is compatible with cost-effective blood glucose strips, as listed in **Table 1**
- ONLY select a BGM that is listed in **Table 2** for patients who meet the specific criteria
- Do not select any other BGM unless specifically advised to do so by diabetes specialist nurses at West Suffolk Foundation Trust (WSFT)

### Selection of Blood Glucose Testing Strips (BGTS)

- Select BGTS that cost less than £8 per 50 strips, as listed in **Table 1**
- ONLY prescribe higher-cost BGTS for patients who meet specific criteria, as listed in **Table 2**
- Do not prescribe any other BGTS, unless for a patient with individual needs following assessment by the WSFT Specialist Diabetes Team

### International Organisation for Standardisation (ISO) Standards for BGMs

All meters recommended within **Table 1** or **Table 2** of this policy meet the [ISO: 15197:2013](#) standards, updated 2018.

### Shelf Life of BGTS

After opening the shelf life of BGTS will typically be 3 to 6 months but, refer to the original product box or product information leaflet for any specific advice.

It is important that BGTS are stored in accordance with the manufacturer's recommendations.

### Maintenance of BGMs

Meters should be control tested for continued monitoring accuracy but, refer to the original product box or product information leaflet for any specific advice.

Consider meter replacement every 1 to 3 years.

**Table 1: Cost-effective BGTS that CAN BE PRESCRIBED (in alphabetical order)**

| Brand                          | Compatible BGM     | Additional benefits   |
|--------------------------------|--------------------|---|
| ACCU-CHEK® Instant Test Strips | ACCU-CHEK® Instant | Bluetooth functionality.<br><i>This is to replace Accu-Chek Performa meter which is being withdrawn August 2021. Performa test strips will continue to be available and are an acceptable alternative</i> |
| On Call® Extra                 | On Call® Extra     |   |
| Finetest® Lite Test Strips     | Finetest® Lite     |   |
| Glucorx® Q Test Strips         | Glucorx® Q         |   |
| TEE2® Test Strips              | TEE2+®             | Bluetooth functionality   |

**Table 2: Higher-cost BGTS that CAN ONLY BE PRESCRIBED IN SPECIFIC CIRCUMSTANCES**

| Brand  | Compatible BGM  | Specific criteria which must be met before prescribing  |
|--|---|---|
| ACCU-CHEK® Aviva Test Strips   | ACCU-CHEK® Aviva Expert   | Type I DM patients on bolus insulin regime. <b>Or</b> , Type I DM patients using: ACCU-CHEK® Combo or, ACCU-CHEK® Insight insulin pump systems                      |
| ACCU-CHEK® Mobile Test Cassette  | ACCU-CHEK® Mobile   | Heavy Goods Vehicle (HGV) drivers. Ease of use on long journeys and DVLA memory storage compliant.  |
| CareSens® PRO Test Strips<br>KetoSens® Blood $\beta$ -Ketone Test Strips | CareSens® Dual  | Type I DM patients requiring tests for both blood glucose and blood ketones in one meter.   |
| KEYA® Smart Test Strips  | KEYA® Smart   | Hospital recommendation ONLY. Measures blood glucose and blood ketones in one strip.  |
| CONTOUR® Next Test Strips  | CONTOUR® Next LINK  | Only for Type I DM patients using a Medtronic insulin pump, communicates with pump via Bluetooth®.  |
| FreeStyle Lite Test Strips   | Not applicable  | For use with the Insulet Omnipod® pump handset / meter. Doubles as meter and bolus advisor.   |
| Glucorx® Nexus Test Strips   | Glucorx® Nexus Voice  | Visually impaired or blind patients.  |
| OneTouch® Verio® Test Strips   | OneTouch® Verio<br>OneTouch® Verio Flex®<br>OneTouch® Verio IQ® | Only for Type I DM patients where information on patterns and trends of hypos is required to adjust insulin dosing and USB and Bluetooth® connectivity is required. |