

# Blood Glucose Monitoring Guidance - Type 2 Diabetes in Adults

# Information on Self-Monitoring of Blood Glucose (SMBG)

- The level of SMBG will vary according to the treatment regime and target level of control set for the patient.
- At treatment initiation, or when treatment is altered, the frequency may need to be increased.
- Patients should be taught how to INTERPRET and ACTION results.
- Patient education is vital SMBG is only as good as the way it is used.

# Frequency of Self-Monitoring

Type 2 diabetes treatment	Suggested SMBG frequency	Boxes to prescribe each month *Check notes on additional SMBG	
<ul> <li>Diet and exercise alone</li> <li>Metformin</li> <li>Pioglitazone</li> <li>DPP-4 inhibitor</li> <li>GLP-1 mimetic</li> <li>SGLT2 inhibitor</li> </ul>	Not routinely recommended (unless patient is also using a sulfonylurea or insulin).  HbA1c testing should be adequate once or twice per year (depending on level & target).	NONE Please see comments on additional circumstances below.	
<ul> <li>Sulfonylureas (e.g. gliclazide)</li> <li>Rapid acting insulin secretagogue ('glinides') (e.g. nateglinide)</li> </ul>	Initially: At least twice daily  Maintenance: Three times per week (non-drivers)  Twice daily (drivers) at times relevant to driving to enable the detection of hypoglycaemia	<ul> <li>One box (50 strips) in first month, then</li> <li>One box (50 strips) every 4 months (maintenance) non drivers or one box monthly (50 strips) drivers</li> </ul>	
Insulin Once daily	1 to 2 times per day	One box (50 strips)	
Twice daily	2 to 3 times per day	Two boxes (100 strips)	
Basal bolus	4 times per day	Three boxes (150 strips)	

NICE also suggests self-monitoring of plasma glucose can be offered to a person newly diagnosed with type 2 diabetes but only as an integral part of his or her self-management education. Please ensure it is reviewed and withdrawn if the patient doesn't meet the above criteria.

# Circumstances in which additional Self-Monitoring is required

- Driving (see below)
- · Lifestyle changes
- Concurrent illness
- Periods of fasting
- Patients co-prescribed glucocorticoids
- Impaired awareness of hypoglycaemia
- Frequent hypoglycaemia
- Changes in treatment
- Pregnancy/pre-conception
- Patients with persistent hyperglycaemia

#### **Driving and Diabetes**

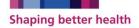
DVLA information on diabetes Diabetes UK information on driving https://www.gov.uk/diabetes-driving

https://www.diabetes.org.uk/Guide-to-diabetes/life-with-diabetes/Driving/

Patients with a car or motorbike licence who are prescribed insulin must notify the DVLA. Patients on insulin should check blood glucose 30 to 60 minutes before driving & every 2 hours whilst driving (so may need additional test strips).

Patients with a car or motorbike license on sulfonylureas/glinides may need to notify & test.

There are additional requirements for patients with a bus, coach or lorry licence.





Following the publication of the NHS England <u>Commissioning recommendations following the national assessment of blood glucose and ketone meters, testing strips and lancets</u> (April 23). Patients should not be switched to or initiated with meters that are not included in the guidance.

A meter with test strips costing less than £6 for 50 strips from the list below should be used first line.

### First choice of blood glucose monitoring equipment in primary care

No switching is required if a patient is already using another suitable meter with test strips costing less than £6 for 50.

Meter	Test strips	Test strip expiry	Features / Cohort appropriate for	Lancets	Patient support	Supply of meters to professionals
Contour Plus Blue Ascensia Diabetes Care	Contour plus £5.95/50	24 months No change in expiry on opening	SmartCOLOUR™ target range indicator.  Second chance testing can reapply blood to the same strip for up to 30 seconds.  Contour Diabetes App can be set to different languages.  Haematocrit range: 0-70%	Microlet £2.99/100	0800 170 1060 Or 0345 600 6030 diabetessupport @ascensia.com	07469 912558  murali.painter@ ascensia.com
Agile AgaMatrix	AgaMatrix Agile £5.99/50	6 months	Requires pairing with an App to save results.  Clear bright screen.  Haematocrit range: 20-60%	Comfort twist £2.69/100	0800 093 1812 <u>customercare@</u> <u>agamatrix.co.uk</u>	07825 913775 iovens@agamat rix.com

Prices accurate as of March 2024

### Second choice of blood glucose monitoring equipment in primary care

If first choice meters are not appropriate for a patient, then a second-choice meter with test strips costing **less** than £6 for 50 can be used from category 2 or 3 of the NHS England Commissioning recommendations following the national assessment of blood glucose and ketone meters, testing strips and lancets.

**Gestational diabetes** – secondary care will advise which meter to be used, the Wavesense Jazz range is used at the time of writing this guidance.

**Ketosis prone type 2 diabetes** patients will need a meter that also tests for ketones. Refer to the type 1 diabetes meter guideline or contact the diabetes specialist nurse team for advice.

**Continuous Glucose Monitoring (CGM)** is only funded for specific cohorts of type 2 diabetes patients. Refer to the <u>Clinical Pathway for the use of diabetes technologies in all patients with Type 2 Diabetes</u> for Eligibility criteria.





#### Lancets

BNSSG ICB recommends prescribing single use lancets that cost less than £3/100 and that current prescribing of single use lancets costing more than £3/100 should be reviewed and deprescribed where appropriate.

**Safety lancets** are considerably more expensive and should only be prescribed for patients who are having their blood glucose monitored by a healthcare professional/carer. The recommended brand of safety lancets is Neon Verifine (£2.99/100).

#### **Good Practice Points**

- The higher the gauge (G) of a lancet; the smaller the diameter of the needle. A low gauge needle (28G) may be quite uncomfortable for the patient while a higher gauge (33G) may not provide sufficient blood for testing.
- Lancets are for single use only, ensure patients are educated about safe disposal via sharps bin.

#### References and further guidance

NICE Clinical Guideline NG28 http://www.nice.org.uk/guidance/NG28

NHS England Commissioning recommendations following the national assessment of blood glucose and ketone meters, testing strips and lancets (April 2023)

NHS Business Services Authority. Drug Tariff March 2024 Drug Tariff | NHSBSA

