



Guideline on the Choice of Glucometers for ADULTS with TYPE 2 DIABETES (Updated April 2021)

This guideline aims to assist healthcare professionals in primary and secondary care with the selection of appropriate blood glucose meters (glucometers) and testing strips for adults with TYPE 2 DIABETES, to enable self-monitoring of their blood glucose levels. It should be used in conjunction with HSCB Self Blood Glucose Monitoring (SBGM) Guideline, September 2017, which can be accessed at the following link:

<https://niformulary.hscni.net/formulary/6-0-endocrine/6-1-drugs-used-in-diabetes/6-1-6-diagnostic-and-monitoring-agents-for-diabetes-mellitus/>

Background

Self-monitoring of blood glucose is an essential part of the management of type 1 diabetes. Previously in N.Ireland the majority of patients were prescribed glucose test strips which were >£10 for a pack size 50. The prescribing of cost effective glucose test strips has increased in the recent years, following implementation of this HSCB Guideline, first issued in September 2017.

Health and Social Care Trusts in Northern Ireland stock meters that are on the Regional Blood Glucose Meter List (approved by the NI Regional Pathology Network, Point of Care Testing Speciality Forum, March 2021).

This list was consulted when producing this guidance: ALL glucometers on the list, whose corresponding test strips were less than £10 for a pack of 50, were assessed for suitability for adults with type 2 diabetes.

In addition to glucometers on the Trusts' Regional Blood Glucose Meter List, Appendix B lists 5 additional meters which have the facility to test for blood glucose

and blood ketones. These meters use both cost effective glucose and ketone strips. It is not normally necessary for adults with type 2 diabetes to carry out blood ketone testing. It will be up to the clinical judgement of the diabetes healthcare professional to assess if it is necessary for an adult with type 2 diabetes, to carry out blood ketone testing.

Any glucometers added to the Trusts' Regional Blood Glucose Meter List following publication of the HSCB guideline may also be distributed, **providing the test strips are cost effective (<£10 for 50)**. This also includes any glucometers on the regional list, whose corresponding test strips reduce in price to <£10 for 50, following publication of this guideline.

Currently, primary care may stock glucometers which are not listed on the Trusts' Regional Blood Glucose Meter List (providing the meters are ISO15197:2015 compliant). However, to ensure continuity, as some adults' care is delivered in both primary and secondary care, the Trusts' Regional Blood Glucose Meter List was used as a starting point for this HSCB guideline.

ALL meters in the HSCB guideline meet the following requirements:

- ISO 15197:2015 approved and will be provided free of charge from GP surgeries and diabetes clinics
- Free support material supplied and free control solution provided
- Unable to delete meter readings
- Measurement range between 1.1 to 33.3mmol/l or more and measures only in mmol/l
- No calibration or coding is required to set up (NB: some of the dual blood glucose and blood ketone meters will require some simple coding)
- A starter meter pack is available that includes blood glucose strips and lancets.

The HSCB guideline includes 24 glucometers which measure blood glucose only (and 5 additional meters in appendix B, which measure both blood glucose and blood ketones).

Guidance

- Trusts and GP practices should choose an appropriate quantity and variety of glucometers to stock from the HSCB guideline, for distribution to adults with type 2 diabetes.
- **Trusts and GP practices should dispose of, or not accept, free samples of glucometers from pharmaceutical companies FOR DISTRIBUTION TO ADULTS WITH TYPE 2 DIABETES, which are NOT on the HSCB guideline.**
- Other glucometers may be stocked for other patient groups e.g. for adults with type 1 diabetes, individuals using insulin pumps etc. However, healthcare professionals should always consider the cost of the blood glucose strips, as part of the overall decision making process, when choosing a suitable meter.
- *Whilst it is acknowledged that, when choosing a glucometer, consideration of an individual's preference and their needs is paramount, it is expected that the glucometers listed below will suit the needs of the majority of adults with type 2 diabetes.*
- In **exceptional circumstances**, an adult with type 2 diabetes may require a glucometer not listed in the HSCB guideline. When this is the case, details should be documented in the clinical records, clearly stating the reasons for deviation from the HSCB guideline.
- Community pharmacists should retain the list of glucometers on the HSCB guidance for use by their staff. Community Pharmacists should be aware that GPs may not issue prescriptions for glucose strips and lancets (to adults with type 2 diabetes), for glucometers which are not on the HSCB list. In general, community pharmacists should advise individuals not to change their glucometer, without first consulting their diabetes healthcare team. If an adult with type 2 diabetes presents to a pharmacy at the weekend, or during out of hours (when their diabetes healthcare professional is not available) and urgently requires a new glucometer, the community pharmacist should, where possible supply a glucometer, which is on the HSCB list.
- If an adult with type 2 diabetes has been assessed as requiring to test their blood glucose levels, two glucometers (one spare) should be provided initially. They should be counselled that the second glucometer should only be used,

as a spare. They should NOT use two different glucometers at the same time, so that accurate and meaningful results can be obtained.

- Adults with Type 2 diabetes will be given a patient information leaflet (Appendix A) when they receive a new glucometer. They should be encouraged to take ownership for the management and maintenance of their glucometers from the outset. They should register their glucometer with the relevant pharmaceutical company.
- If adults with type 2 diabetes have any problems or require a new glucometer, they should be advised to contact the relevant pharmaceutical company directly.
- **Adults with Type 2 diabetes should be discouraged from changing their glucometers frequently and advised NOT to change their glucometer without first consulting their diabetes healthcare professional. The prescribing of strips and lancets for adults with type 2 diabetes who purchase or obtain a glucometer that is NOT on the HSCB list, is not supported by HSCB, and may require the individual to pay for these themselves. All changes must be recorded in the clinical notes.**
- GP practices who wish to actively switch adults with type 2 diabetes to one of the glucometers on HSCB list can do so by following the HSCB standard operating procedure: SOP for Implementation of HSCB Guideline for the Choice of Blood Glucose Meters and Test Strips for Adults with Type 2 Diabetes, available on the primary care intranet. See link: <http://primarycare.hscni.net/pharmacy-and-medicines-management/resources/diabetes/>
- NOTE: It is not expected that adults with type 2 diabetes in primary care, who are already using a glucometer with test strips costing less than £10 for 50 strips would be changed to an alternative glucometer, unless their current meter is not compliant with ISO15197:2015 standards and / or has been discontinued. The SOP states that only eligible individuals, whose corresponding test strips are >£10 for 50 should be switched to an alternative choice.
- It is good practice for all healthcare professionals to document in the

clinical notes details of the glucometer which an individual is currently using.

Revision of the guideline

Meters which are added to the Trusts' Regional Blood Glucose Meter List following publication of this guideline may also be distributed to adults with type 2 diabetes (as outlined above), providing the glucose test strips are cost effective (<£10 for 50) and/or blood ketone strips are cost effective (<£10 for 10). This also includes any meters on the regional list, whose corresponding glucose test strips and/or ketone strips reduce in price, following publication of this guideline.

This guideline will be updated in April 2024.

Blood glucose meters with corresponding test strips <£10 (prices correct as per April 2021 NI Drug tariff)

Meter	Name of test strips and	Price of test strips (50 pack)	Contact for ordering meters	Link to manufacturer website for meter specifications
4Sure Smart Meter (Nipro Diagnostics)	4SURE	£8.99	Sales Support Tel: 0800 0858808 Email: sales.support@nipro-group.com Irene Jacobs (Territory Sales Manager) Tel: 07799 891638 Email: irene.jacobs@nipro-group.com	https://www.nipro-diagnostics.co.uk/professionals https://www.nipro-diagnostics.co.uk/patients
Accucheck Instant (Roche)	Instant	£7.50	Ann Sloan Diabetes Care Specialist (ann.sloan@roche.com) T: 07513480840 Office Team: 0800 0407221 Office Email: Burgesshill.dcaccountmanagers@roche.com	https://www.rochediabetes.com/en-gb/resources/product-information https://www.accu-chek.co.uk/meters
Accucheck Mobile (Roche)	Mobile test cassette	£9.99		
Accucheck Performa Nano (Roche)	Performa	£7.50		
Contour Plus Blue (Ascensia)	Contour Plus strips	£8.50	Emma Boyd Tel: 07469402761 Email: emma.boyd@ascensia.com	https://www.diabetes.ascensia.co.uk/products/portfolio-overview/

Meter	Name of test strips	Price of test strips (50 pack)	Contact for ordering meters	Link to manufacturer website for meter specifications
Contour (Ascensia)	Contour Strips	£9.99	Emma Boyd Tel: 07469402761 Email:	https://www.diabetes.ascensia.co.uk/products/portfolio-overview/
Contour Plus (Ascensia)	Contour Plus Strips	£8.50	emma.boyd@ascensia.com	
Glucomen Areo (Medicon Ireland)	Glucomen Areo	£8.25	Jim McGrory Tel:07771863108 02830835500 Email: jimmcg@mediconire.com OR info@mediconire.com	https://www.mediconire.com/how-to-use-video
GlucorX Nexus (GlucorX)	GlucorX Nexus	£8.95	Sean O'Reilly Tel: 07392198501 Email:	https://www.glucorx.co.uk/our-products/nexus-meter/ https://www.glucorx.co.uk/our-products/glucorx-nexus-mini-ultra-meter/ Home Blood Glucose Monitor GlucoRx https://www.glucorx.co.uk/our-products/nexus-voice-meter/ https://www.glucorx.co.uk/manuals-and-videos/ https://www.glucorx.co.uk/our-products/glucorx-q-blood-glucose-monitoring-system/ Q Instructions GlucoRx
GlucorX Nexus Mini Ultra (GlucorX)	GlucorX Nexus	£8.95	Or orders@glucorx.co.uk	
GlucorX Nexus Pearl	GlucorX Nexus	£8.95		
GlucorX Nexus Voice (GlucorX)	GlucorX Nexus	£8.95		
GlucorX Q (GlucorX)	GlucorX Q	£5.45		

Meter	Name of test strips	Price of test strips (50 pack)	Contact for ordering meters	Link to manufacturer website for meter specifications
Mylife Aveo (Ypsomed Ltd)	Mylife Aveo	£6.95	Halen Campbell Tel: +44 7572702536 halen.campbell@ypsomed.com Or 0344 856 7820 info@ypsomed.co.uk	https://www.mylife-diabetescare.com/en-GB/products/blood-glucose-monitoring-systems/mylife-aveo.html
Mylife Unio Cara (Ypsomed Ltd)	Mylife Unio	£9.50		https://www.mylife-diabetescare.com/en-GB/products/blood-glucose-monitoring-systems/mylife-unio-cara.html
Mylife Unio Neva (Ypsomed Ltd)	Mylife Unio	£9.50		https://www.mylife-diabetescare.com/en-GB/products/blood-glucose-monitoring-systems/mylife-unio-neva.html
One Touch Select Plus (Lifescan)	One Touch Select Plus	£9.99	Deborah Stewart Tel: 07920 084318 Email: Dstewa33@lifescan.com Customer Care:0800 121 200	www.myonetouch.co.uk
TEE2+ (Spirit Healthcare)	TEE2 Strips	£7.75	Lucy Beazley Tel: 07984 525259 Email: Lucy.Beazley@spirit-healthcare.co.uk Customer Services team: 0800 881 5423 Email: cs@spirit-healthcare.co.uk	https://www.spirit-health.co.uk/spirit-healthcare-old/products-for-diabetics/blood-glucose-meters

Meter	Name of test strips a	Price of test strips	Contact for ordering meters	Link to manufacturer website for meter specifications
TRUE Metrix AIR (Trividia Health)	True Metrix	£6.95	Jon Lowther Regional Sales Manager – EMEA Tel: 07767677667 Email: jlowther@trividiahealth.co.uk	https://professionals.trividiahealth.co.uk/home/blood-glucose-monitoring/true-metrix-air/ https://professionals.trividiahealth.co.uk/home/blood-glucose-monitoring/true-metrix-go/
TRUE Metrix GO (Trividia Health)	True Metrix	£6.95		
Vivacheck Ino (JR Biomedical Ltd)	Vivacheck Ino	£8.99	Direct from company. Freephone 0800 612 7531 or from Catherine Rees (Based in North Wales) Tel: 01745 535169/535207 Email: catherine.rees@jrbiomedical.com	http://www.vivachekdiabetes.co.uk/
Wavesense JAZZ™ (Agamatrix)	WaveSense JAZZ	£8.74	Yes, order direct from Julian Mulligan Diabetes Care Manager Tel: 07798 942290 Email jmulligan@agamatrix.com Customer Care: 0800 093 1812	https://agamatrix.co.uk/products/
Wavesense JAZZ™ Wireless (AgaMatrix)				
Wavesense JAZZ™ Dosecoach(AgaMatrix)				

Appendix A

{Insert relevant Trust
logo Department and
address}

Patient Information Leaflet (New Blood Glucose Meter)

Dear Patient,

Your diabetes team has recently supplied you with two blood glucose meters (glucometers). Your diabetes healthcare professional will have explained how and when to use your glucometer to test your blood sugars.

The Health and Social Care Board has provided diabetes healthcare professionals and GPs with a list of glucometers which are suitable to use for patients with type 1 diabetes. These glucometers have all been reviewed: they will provide you with accurate blood glucose results and are cost-effective.

We would encourage you to:

- As soon as possible, please register your new glucometer with the relevant pharmaceutical company. Their phone number is in the instruction booklet provided with your new glucometer. By registering your glucometer, the company will provide a replacement, if required. Some pharmaceutical companies also provide free replacement batteries.
- Only use one glucometer at a time. The second glucometer is a spare, only to be used if your original glucometer breaks.
- If your glucometer breaks, use your replacement glucometer and remember to contact the relevant company **as soon as possible** to get a new replacement glucometer.
- To follow the recommended quality control test for their specific glucometer.
- As your GP has been advised to ONLY prescribe test strips and lancets from the recommended list of glucometers, please **DO NOT** purchase or accept a free upgraded glucometer without first checking with your diabetes healthcare professional.
- **Using glucometers that are not on the list may require you to buy your own tests strips and lancets**

If you have any questions about the information in this letter or your glucometer, please contact *{insert name and contact details of relevant diabetes healthcare professional}*

Appendix B: Cost effective choice meters which test for both blood glucose and blood ketones
(Prices correct as per April 2021 Drug Tariff)

Meter	Name of test strips and	Price of test strips (50 pack Glucose; 10 pack ketones)	Contact for ordering meters	Link to manufacturer website for meter specifications
4Sure Smart Duo meter (Nipro Diagnostics)	4SURE test strips 4SURE B-Ketone test strips	£8.99 Glucose £9.92 Ketone	Sales Support Tel: 0800 0858808 Email: sales.support@nipro-group.com Irene Jacobs (Territory Sales Manager) Tel: 07799891638 Email: irene.jacobs@nipro-group.com	https://www.nipro-diagnostics.co.uk/professionals https://www.nipro-diagnostics.co.uk/patients
Caresens Dual (Spirit Healthcare)	CareSens PRO Glucose strips KetoSens Blood β -Ketone Test Strips	£9.95 Glucose £9.95 Ketone	Lucy Beazley Tel:079845259 Email: Lucy.Beazley@spirit-healthcare.co.uk Or through Customer Services team on 0800 881 5423 Email: cs@spirit-healthcare.co.uk	https://www.spirit-health.co.uk/spirit-healthcare-old/products-for-diabetics/blood-glucose-meters
Glucomen Areo 2K (Medicon Ireland)	Glucomen Areo sensors Glucomen Areo B-Ketone Sensors	£8.25 Glucose £9.95 Ketone	Jim McGrory Tel: 07771863108 or 028 30835500 Email: jimmcg@mediconire.com OR info@mediconire.com	https://www.mediconire.com/how-to-use-video

Meter	Name of test strips and	Price of test strips 50 pack Glucose 10 pack ketones	Contact for ordering meters	Link to manufacturer website for meter specifications
Glucorx HCT meter (Glucorx)	Glucorx HCT Glucose Glucorx HCT Ketone	£8.95 Glucose £9.95 Ketone	Sean O'Reilly Tel: 07392198501 Email: sean@glucorx.co.uk Or orders@glucorx.co.uk	https://www.glucorx.co.uk/hct-instructions/ https://www.glucorx.co.uk/hct-instructions/
Glucorx HCT Connect (Glucorx)				https://www.glucorx.co.uk/our-products/glucorx-hct-connect/ https://www.glucorx.co.uk/connect-i-glucose-meter/