

Formulary Guidelines for Blood Glucose (finger prick) and Ketone Monitoring in Adult Patients

NICE recommends supporting all adults with type 1 diabetes to self-monitor blood glucose as per [NG17: Type 1 diabetes in adults: diagnosis and management](#)

For people with T2D NICE has issued a "[Do not routinely offer](#)" recommendation in relation to self-monitoring of blood glucose (SMBG) unless:

- the person is on insulin or
- there is evidence of hypoglycaemic episodes or
- the person is on oral medication that may increase their risk of hypoglycaemia while driving or operating machinery (see [DVLA guidance](#))
- the person is pregnant, or is planning to become pregnant (see the [NICE guideline on diabetes in pregnancy](#))

All people self-monitoring blood glucose should be encouraged to use the minimum number of test strips to help manage diabetes appropriately and advised when to seek help or advice.

There may be times when a first line formulary choice meter is not suitable. In these cases, primary care is asked to prescribe the corresponding strips as requested by the specialist to support ongoing patient testing. Specialists are expected to explain to the GP the reason that formulary recommended options are not suitable.

The routine commissioning of real time continuous glucose monitors (rtCGMs) is accepted in Cornwall for all patients (both adults and children) with type 1 diabetes and also those with Type 2 and learning disabilities. The Freestyle Libre 2+ and the Dexcom One+ CGM devices are listed on the Cornwall formulary, (the Freestyle Libre 3+ is also listed for use only as part of a hybrid closed loop HCL system) initiation and device choice is a secondary care decision. Please note that CGM devices are not interchangeable and should not be switched in primary care.

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Individuals using CGM are also required to self-monitor blood glucose as an integral part of T1D treatment e.g. during illness or in line with DVLA requirements as well as during periods of fasting such as Ramadan. Individuals using CGM devices do not require specific meters and should follow this guidance.

People with Type 1 diabetes or those with Type 2 at increased risk of DKA using a continuous glucose monitor should be provided with a meter capable of monitoring both glucose and ketone and repeat prescriptions for test strips to perform finger-prick tests for glucose and ketones when required.

Alternative meters: very occasionally, for specific individuals, diabetes specialist teams may initiate an alternative meter that is not on the NHSE recommended list to meet specific needs of a patient. An example of this situation may be where a patient has dexterity issues and require an **Accu-chek Instant Meter** which includes a FASTCLIX lancing device. In these specific cases the diabetes specialist team will need to inform the GP of this to support ongoing prescribing of consumables. This may also occur where the Wave Sense Jazz meter is initiated in secondary care for people with gestational diabetes, to use with GDm-Health App.

Where a non-preferred meter is used, meter choice should take into consideration the cost of the test strips (which can be found in the [NHS Electronic Drug Tariff](#)).

Insulin Pumps: If an individual is using an insulin pump, they may require a meter that synchronises with the pump, therefore the meter should not be changed in primary care. Please refer to the specialist teams if any review is required. Examples of insulin pumps which may require specific meters are:

Insulin Pump

Medtronic MiniMed™ 780G

Medtronic MiniMed™ 640G 670G670G

Medtronic MiniMed™ 670G

mylife YpsoPump

Compatible test strips

Accu-chek Guide Test Strips

Contour Next Test Strips

Contour Next Test Strips

mylife Aveo or mylife Unio

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The following have been selected by specialist teams across Cornwall as 'preferred' options based on the NHSE [Commissioning recommendations](#).

First line choices for people with Type 1 Diabetes or ketoacidosis prone Type 2 diabetes

GlucoRx Smart GlucoRx Smart Glucose Test strips £5.45 / 50
Ketone test strips £8.95 / 10

Choices with additional functionality

GlucoFix Tech GK (carbohydrate counting capability)
GlucoFix Tech Sensor Test Strips: £5.95 / 50
GlucoFix Tech B-Ketone Sensors Test Strips ketone strips: £9.95 / 10 strips

Neon GK+ - 4Neon GK+ Test Strips £5.39 / 50 Neon GK+ Ketone strips £7.95 / 10

Accu-Chek Instant test strips £5.99 / 50 for patients (specifically for patients who require the carbohydrate counting App) NB not included in the national recommendations and do not measure ketones.

Blood Glucose Meters suitable for the majority of people with Type 2 Diabetes

GlucoRx Smart GlucoRx Smart Glucose Test strips £5.45 / 50
Ketone test strips £8.95 / 10

On Call Extra Mobile On Call Extra Test Strips £5.20 / 50

On Call Extra Voice On Call Extra Test Strips £5.20 / 50

CareSens S Fit BT CareSens S test strips £5.45 / 50 strips

GlucoFix Tech GK GlucoFix Tech Test Strips £5.95 / 50

AgaMatrix Agile (additional functionality – carbohydrate counting) AgaMatrix Agile Test Strips £5.99 Pack / 50

Blood Glucose Meter for use in gestational diabetes

WaveSense JAZZ test strips £8.74 / 50 (only to be initiated on the advice of the gestational diabetes team for use with the GDm Health App during pregnancy)

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Further details and key features of the meters listed can be found in the [Commissioning recommendations following the national assessment of blood glucose and ketone meters, testing strips and lancets.](#)

There is **no** requirement for patients using Freestyle Libre to be prescribed Freestyle optium strips. Freestyle Optium Neo meter is for paediatric use only, where other meters do not meet the needs of the child.

Meters should be selected based on the patient's needs, ability to use and preferences. It is expected that a clinically appropriate device with the lowest cost (acquisition and running costs combined) is chosen.

Test strips not included in the national recommendations – Do not prescribe (other than exemptions listed for insulin pump users - initiated in secondary care)

- GlucoMen areo Sensor testing strips
- Mobile cassette
- FreeStyle Optium testing strips
- Aviva testing strips
- Contour Next testing strips
- Contour testing strips
- OneTouch Verio testing strips
- FreeStyle Lite testing strips
- Mylife Unio or Pura testing strips
- GlucoMen Day glucose testing strips
- GlucoRx GO testing strips
- TRUEyou testing strips
- Myglucohealth testing strips
- MODZ

- CareSensN
- CareSensPro
- Dario
- Dario Lite
- Element
- Fora Advanced pro GD40
- GlucoDock
- GlucoLab
- GlucoRx GO
- GlucoRx GO Professional
- GlucoRx HCT Glucose Test Strips
- GlucoRx Nexus Strips
- GlucoRx X6 Glucose Test Strips
- GlucNEO
- Kinetik Wellbeing AG-607
- Kinetik Wellbeing BG-710/BG-710b
- MediTouch
- MediTouch 2
- Oh'Care Lite
- OKmeter Core
- On-Call Advanced
- OneTouch Select Plus
- Palmdoc iCare Advanced
- Sensocard
- SURESIGN Resure
- TEE2
- VivaChek Ino
- WaveSense JAZZ Duo
- KEYA Smart