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**PAN MERSEY AREA PRESCRIBING COMMITTEE  
PRESCRIBING GUIDELINE  
FIRST APC BOARD DATE: 21 OCT 2015  
LAST APC BOARD DATE: 22 MAY 2019**



**Pan Mersey**  
Area Prescribing Committee

## BLOOD GLUCOSE AND KETONE METERS AND TESTING STRIPS

First choice meters <b>GREEN</b>	Testing Strips	Cost of 50 strips
Accu-chek Performa Nano (Roche Diabetes Care ) Finetest Lite Glucomen Areo (Menarini Diagnostics) GlucoRx Nexus/ Nexus Blue /Nexus Mini Ultra / GO /GO Professional (GlucoRx) Omnitest 5 Palmdoc 2 TEE2+ (Spirit Healthcare) True Metrix Air/ Go WaveSense JAZZ / JAZZ wireless (AgaMatrix) 4Sure Smart (Nipro)	Performa  Finetest Lite Glucomen Areo Sensor GlucoRx Nexus  Omnitest 5 Palmdoc TEE2 True Metrix WaveSense JAZZ  4Sure	£7.50  £5.95 £9.95 £9.95  £9.89 £9.40 £7.75 £6.95 £8.74  £8.99
<b>Specific patient group requiring alternative meters (N.B. Use on specialist advice)</b>	<b>Suggested meter</b>	<b>Testing Strips and cost of 50 strips</b>
Carbohydrate counting Insulin pumps	Accu-chek Aviva Expert (Roche Diabetes Care) Contour Next Link (Ascensia) with Medtronic pump FreeStyle InsuLinX (Abbott)	Aviva (£16.21) Contour Next (£15.04)  FreeStyle Lite (£16.10)
Visual impairment	GlucoRx Nexus Voice (GlucoRx)	GlucoRx Nexus (£9.95)
Impaired manual dexterity unable to use first choice meter	Accu-chek Mobile (Roche Diabetes Care) Ensure patients are following specific testing procedure - risk of falsely high readings if testing procedure is not followed. <a href="#">Further details here</a>	Mobile (£9.99)
Need to test for ketones also (Type 1 diabetes)	4Sure Smart Duo (Nipro) combined blood glucose/blood ketone meter CareSens Dual (Spirit) combined blood glucose/blood ketone meter Glucomen Areo 2K (Menarini Diagnostics) combined blood glucose/blood ketone meter GlucoRx HCT & Ketone Meter (GlucoRx) combined blood glucose/blood ketone meter.	<b>Blood glucose:</b> £8.99 per 50 <b>Ketone:</b> £9.92 per 10 <b>Blood glucose:</b> £9.95 per 50 <b>Ketone:</b> £9.95 per 10 <b>Blood glucose:</b> £9.95 per 50 <b>Ketone:</b> £9.95 per 10  <b>Blood glucose:</b> £9.95 per 50 <b>Ketone:</b> £9.95 per 10 strips
Discreet testing essential and first choice meter not suitable	Accu-chek Mobile (Roche Diabetes Care) Ensure patients are following specific testing procedure - risk of falsely high readings if testing procedure is not followed. <a href="#">Further details here</a>	Mobile (£9.99)
Low haematocrit	Finetest Lite, TrueMetrix, WaveSense JAZZ, Palmdoc, Omnitest 5 (haematocrit 20%), TEE2 (haematocrit 15%) Performa , Glucomen Areo Sensor (haematocrit 10%), 4Sure (haematocrit 0%).	As above

**This guideline does not restrict selection of a meter to those listed here where an alternative is more appropriate**

**Patient's blood glucose meter should not be changed without the patient receiving training on the correct use of the new meter. Patients currently satisfactorily managed on an alternative meter with blood glucose strips costing <£10 per 50 strips do not necessarily need to be switched to another meter listed here.**

## BLOOD GLUCOSE AND KETONE METERS AND TESTING STRIPS

All first-choice meters comply with International Organisation for Standardisation (ISO) 15197.2013 demonstrated independently and have been selected using a scoring system that evaluates evidence of accuracy, meter features, cost and manufacturer support including:

- Blood glucose testing strips costing less than £10 per 50 strips.
- Free meters to NHS locations and service users.
- Free replacement batteries, logbooks, lancing pens.
- Technical support provided via freephone number (not answering machine).
- Free support material and meter training for all healthcare professionals.
- Free internal control solution.
- Measure only in mmol/L units and cannot be changed.
- Provide plasma-calibrated meter readings.
- Haematocrit range between 30-60% (or more).
- Measurement range between 1.1 to 33.3mmol/L (or more).
- Unable to delete readings from memory.
- No calibration or coding required
- Expiry date of testing strips – minimum 6 months from opening.

**All prices correct at the time of writing.**

### References

1. Greater Manchester Medicines Management Group, [GMMMG Blood Glucose Test Strip \(BGTS\) evaluation protocol and results](#), April 2016
2. PrescQIPP, [Testing Strips in Diabetes](#), November 2018
3. [Drug Tariff](#), March 2019

### Acknowledgement

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