

Self-Monitoring of Blood Glucose (SMBG)

How to select an appropriate test strip for adults with type 1 and type 2 diabetes

Diet and lifestyle management only	Oral and injectable therapies not known to cause hypoglycaemia	Oral therapies known to cause hypoglycaemia	Insulin therapy
↓	↓	↓	↓
SMBG not routinely recommended	SMBG may be used for short periods during illness or medication change	SMBG recommended for all drivers and those at high risk of hypoglycaemia	SMBG recommended for all patients

Offer patient a choice of formulary test strips and compatible meters
(unless patient meets restricted criteria as listed below)

GlucoRx Nexus Test Strips Compatible with GlucoRx Nexus / Nexus Mini / Nexus Voice meters Cost per 50 tests £9.95	Glucomen Areo test strips Compatible with Glucomen Areo meter Cost per 50 tests £9.95
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Restricted test strip indications – to be given on specialist advice only

Patients with type1 diabetes who may require Ketone testing	
GlucoRx HCT and GlucoRx HCT Ketone Test strips Compatible with GlucoRx HCT meter Cost per 50/10 tests £9.95	Glucomen areo Sensor and Glucomen areo β-Ketone Sensor test strips Compatible with Glucomen areo 2K Meter Cost per 50/10 tests £9.95

Patients with type 1 diabetes who count carbohydrates or use insulin pump ONLY

Accucheck Aviva test strips Cost per 50 tests £16.09	Freestyle Lite test strips Cost per 50 tests £15.17	Contour Next Test Strips Cost per 50 tests £15.04
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Diabetes in pregnancy – Test strips recommended by specialist team

Pen Needle Formulary		
GlucoRx CarePoint Pen Needles 4mm/31g, 5mm/31g, 6mm/31g Pack of 100 £3.95	BD Viva Pen Needles 4mm/32g, 5mm/31g, 6mm/31g Pack of 90 £3.64	Tricare Pen Needles 4mm/32g, 5mm/31g, 6mm/31g Pack of 100 £3.95
GlucoRx FinePoint Needles 4mm/31g, 5mm/31g, 6mm/31g Pack of 100 £5.95		