

Formulary Guidelines for Blood Glucose 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 type 2 diabetes 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](#)) or
- the person is pregnant, or is planning to become pregnant (see the [NICE guideline on diabetes in pregnancy](#))

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. Both the Freestyle Libre 2 and the Dexcom CGM devices are listed on the Cornwall formulary, initiation and device choice is a secondary care decision and should not be switched in primary care.

It is expected that a clinically appropriate device with the lowest cost (acquisition and running costs combined) is chosen

Patients with Type 1 diabetes or those with Type 2 at increased risk of DKA using a continuous glucose monitor should also be provided with a **GlucoFix Tech GK** meter and repeat prescriptions for blood glucose and blood ketone test strips to perform finger-prick tests for glucose and ketones when required.

The following are approved by specialist teams across Cornwall as preferred options as per the national recommendations.

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First line choices for people with Type 1 Diabetes

GlucoFix Tech GK

GlucoFix Tech Sensor Test Strips: £5.95 / 50

GlucoFix Tech B-Ketone Sensors Test Strips ketone strips:
£9.95 for 10 strips

For more information see [GlucoFix Tech GK - GlucoMen Day
UK](#)

Second line for people with Type 1 Diabetes

4SURE Smart Duo - 4SURE strips £8.99 / 50 B 4SURE
BKetone £9.92 / 10

CareSens Dual– CareSens Pro test strips £9.95 / 50
KetoSens £9.95 / 10

Accu-Chek Instant test strips £5.99 / 50 for patients
(specifically for patients who require the carbohydrate
counting App)

BGM choices for people with Type 2 Diabetes

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

GlucoFix Tech GK GlucoFix Tech Sensors Test Strips
£5.95 / 50

AgaMatrix Agile (Extra functionality) AgaMatrix Agile
Test Strips £5.99 Pack / 50

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

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

WaveSense JAZZ WIRELESS WaveSense JAZZ Test
Strips £8.74 Pack/50 (for gestational diabetes)

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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.

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 meter](#)

Test strips not included in the national recommendations – Do not prescribe

- GlucoMen areo Sensor testing strips
- Mobile cassette
- FreeStyle Optium testing strips
- Aviva testing strips
- Contour TS testing strips
- Contour testing strips
- OneTouch Verio testing strips
- FreeStyle Lite testing strips
- Mylife Unio testing strips
- GlucoMen Day glucose testing strips
- GlucoRx GO testing strips
- TRUEyou testing strips