

Diabetes controlled by diet and metformin (no risk of hypos)

Where blood glucose levels are regarded as stable, there is normally **no requirement** for regular glucose testing unless the patient is destabilised by other factors. These patients should only be performing monitoring if they are strongly motivated to do so and are able to understand when they should test, what the results mean, and most importantly how to act upon them.

A full explanation of the value of monitoring diabetes control by measuring blood pressure and HbA1c levels should be given prior to initiation of HBGM. New patients WHO CONTINUE TO EXPRESS AN INTEREST IN MONITORING should be given the choice on the understanding that they know how to interpret and act on the results.

Existing patients WHO WISH TO CONTINUE URINE MONITORING should do so with the same proviso as for blood monitoring, i.e. they know how to interpret and act on the results

Testing twice a day once a week (i.e. one fasting test and one before evening meal) is adequate for patients managed by diet, taking metformin or a glitazone alone or taking these drugs in combination. **Please note:** a recent systematic review which pooled results from random controlled trials, suggests a modest reduction of approximately 0.2% in HbA1c level in patients undertaking SMBG compared to no SMBG.

Action point: Checking on patient's level of testing, their understanding of the results and how they act upon them should be checked at annual review. Patients should be reviewed also to see if there is still a need or desire to continue testing.

Testing schedule for HBGM for type 2 diabetes (not on insulin) taking a sulphonylurea alone or in combination with any other anti-diabetic drug

Information for patients should include:

- Test blood twice a day on two days each week.
- Vary time i.e. before breakfast and before evening meal
- Record results in their diary
- Use a new lancet (available on prescription) for each test
- Dispose of used lancets in a sharps box, which they can obtain on prescription from their GP practice. Full boxes to be returned to GP surgery
- Strips (available on prescription) deteriorate rapidly once opened (use within 3 months)
- Normal glucose levels should range between 4 - 8mmols before meals
- Should their level be consistently above 8 mmols over a period of 4 weeks they should contact their Practice
- An OCCASSIONAL high result can be ignored
- During periods of illness blood levels may be higher than normal – because of this it is important that the patient continues to take their diabetes medication
- If blood glucose levels remain elevated or the patient is unable to take their diabetes medication they should contact their GP or Practice Nurse for advice

Who might need to test more frequently?

More frequent testing may be necessary in patients where blood glucose levels are unstable, for example

- Patients troubled by low blood glucose particularly prior to driving (guidance provided by DVLA and Diabetes UK)
- Patients who have had their medication changed or have started medication for an alternative condition e.g. steroids
- Patients who are unwell

Formulary Meter Choices for NHS D & G

All patients can be provided with a free meter through their practice nurse or specialist nurse in primary or secondary care. A note advising the practice of chosen meter will be sent if this is not arranged in primary care.

Meter of choice: **(corresponding strips)**

**Lifescan One Touch Ultra 2
(One Touch Ultra)**

Available via Sharon Scott – 07989 562141

Special needs:

- Visually Impaired - **SensoCard (SensoCard Reagent Strip)**
- Paediatrics – **Roche Accu-chek Aviva (Aviva) Abbot Diabetes Care Optium Xceed (Optium Beta-Ketone test strip)**
- Pregnancy - **Optium Xceed (Optium Plus / Optium Beta-Ketone test strip)**
- DAFNE Graduates **Lifescan One Touch Ultra 2** (if urine ketone testing) if not **Optium Xceed**
- Manual Dexterity – **Bayer Contour (Contour test strips)**
- Degree of visual impairment – **Contour (Contour test strips)**

Health Professionals are entitled to a free meter through Lifescan, provided the meter is registered on the External Quality Control scheme and the weekly and monthly checks are carried out.

Contact Sharon Scott for details - 07989 562 141.

Guidance for patients on when to test is available on the websites as listed below:

www.dgdiabetes.scot.nhs.uk

www.dgprescribingmatters.co.uk

Diabetes MCN Feb 2010 Review Feb 2013

NHS Dumfries & Galloway Health Professional Guidance for Delivery of Patient Advice on Home Blood Glucose Monitoring And Preferred Blood Glucose Meters

**FOR PATIENTS REQUIRING DIET MODIFICATION
ONLY OR ORAL HYPOGLYCAEMIC DRUGS**



Specific guidance and counselling should be provided in each individual case according to the treatment regimen and level of control.

(This guidance does not cover children, pregnant or gestational diabetic patients)