

Diabetes blood glucose and ketone meters, testing strips and lancets position statement

Summary

NHS South West London recommends the supply of blood glucose and ketone meters, and the prescribing of blood glucose testing strips (BGTS) and lancets in line with [NHSE guidance](#), with the addition of Accu-Chek Instant meter and required strips and lancets at the request of local paediatric teams.

Rationale

The intent of the national assessment process (concluded in February 2023) was to support the delivery of the NHS Long-Term Plan for diabetes management through the following key objectives:

- **Equitable access** to the same products for all eligible people, no matter where they live.
- **Minimum quality standards** established fairly and transparently to better address the needs of all people living with diabetes.
- **Prescribing practices aligned** across primary and secondary care; and
- **Making best use of NHS Resources**, whilst ensuring that the price paid is commensurate to the quality offered.

The NHSE recommended meters, strips and lancets have passed a rigorous evaluation process ensuring that the highest quality and cost-effective devices are approved.

The Accu-Chek Instant meter has been added to local recommendations in addition to the NHSE list because:

- it has received positive feedback
- is preferred by local paediatric teams who have experience in using this meter
- the cost of the strips and lancets are in line with other recommended products

Please note: if ketone monitoring is required, an additional meter that uses ketone strips listed in this statement must be chosen.

Guidance for clinicians

- For patients with type 1 diabetes mellitus (T1DM), continuous glucose monitoring (CGM) should be offered as best practice, as per NICE [NG17](#) and [NG18](#). However, patients who are using CGM will still need to take capillary blood glucose measurements (although they can do this less often). For further information regarding the prescribing of additional BGTS and lancets for CGM patients, please refer to our [CGM Policy](#) in NHS South West London.
- For patients with type 2 diabetes mellitus (T2DM), assess the need to self-monitor their blood glucose levels in line with [NICE](#) guidance. Only provide the patient with a meter if there is a clear goal and purpose for testing.

- Any patient newly diagnosed with diabetes should be assessed by a healthcare professional and supplied a suitable meter listed in this document if self-monitoring of blood glucose is required (may not be needed long-term). Training on the correct use, storage and interpretation of readings should be provided.
- Where people with diabetes are already using blood glucose or ketone meters that are not on the recommended list of products, review if ongoing self-monitoring of blood glucose is required. Where this is required, patients should be offered an alternative meter at the earliest opportunity following a discussion with their healthcare professional.
- For those that have stock of non-preferred meters, these should be removed and not supplied to patients, as these will require non-preferred BGTS and lancets.
- Many of the meter suppliers offer recycling schemes for unused meters, please contact the suppliers directly for further details of recycling schemes.
- All suppliers will provide, free of charge, the recommended meters, lancing devices, and ongoing free control solutions to all healthcare settings across England in primary care, secondary care and to service users.
- All recommended suppliers will provide free technical support by a freephone telephone number, support material and meter training for both service users and healthcare professionals.
- Please refer to [NHSE guidance](#) for a list of contact information of the suppliers for the recommended NHSE products.
- Contact information for the Accu-Chek Instant meter:
 - Ordering meters – via phone number 0800 0407 221 (option 2) or via email burgesshill.dcaccountmanagers@roche.com

Preferred blood glucose and ketone meters, testing strips and lancets

When deciding on a suitable meter with your patient, based on their needs and the functionality required, please refer to the key features for each meter in the [NHSE guidance](#). These include connectivity, warnings, alerts, display, size and recommended cohorts for each meter. If multiple meters are considered appropriate for an individual patient, choose the option that uses BGTS with the lowest acquisition cost.

Additional functionality is recommended for the following cohorts:

- Carbohydrate Counting
- Cognitive Impairment
- Dexterity Issues
- Gestational diabetes
- Group 2 Driver
- Learning Difficulties
- No Fixed Abode
- Paediatrics
- Unable to read English
- Visually Impaired

Examples of additional functionality features include (Note: this is not an exhaustive list)

- On-board carbohydrate counting calculator
- Alarms

- Auto strip ejector
- Extra-large memory
- Multiple language option
- Audible instructions assist
- Large backlit screen display

Please note: There are specific meters recommended for patients with gestational diabetes, and paediatric patients, please refer to list and table below for these recommendations.

Preferred blood glucose and ketone meters, testing strips and lancets

The list is sorted from low to high BGTS cost. If multiple meters are considered appropriate for an individual patient, choose the option that uses BGTS with the lowest acquisition cost.

T1DM or ketosis prone T2DM: Suitable for the majority of patients who also require a ketone testing meter.

Meter: Care Sens® Dual (Spirit Health)

- **BGTS:** CareSens Pro® (£5.45 per 50)
- **Ketone Test Strip:** KetoSens®
- **Lancet:** CareSen®

Meter: GlucoFix Tech® GK (A. Menarini Diagnostics)

- **BGTS:** GlucoFix Tech® Sensors (£5.95 per 50)
- **Ketone Test Strip:** GlucoFix Tech® BKetone Sensors
- **Lancet:** Glucoject Plus®

Meter: GlucoRx® HCT (GlucoRx)

- **BGTS:** GlucoRx® HCT Glucose (£8.95 per 50)
- **Ketone Test Strip:** GlucoRx® HCT Ketone
- **Lancet:** GlucoRx® OR GlucoRx® Safety

Meter: 4SURE® Smart Duo (Nipro Diagnostics)

- **BGTS:** 4SURE® (£8.99 per 50)
- **Ketone Test Strip:** B 4SURE® beta-ketone
- **Lancet:** 4SURE®

Meter: GlucoRx® KEYA Smart (GlucoRx)

- **BGTS:** KEYA® (£15.86 per 50)
- **Ketone Test Strip:** N/A - KEYA® test strips also test ketones
- **Lancet:** GlucoRx® OR GlucoRx® Safety

T1DM or ketosis prone T2DM: Suitable for the majority of patients that require additional functionality

Meter: GlucoFix Tech® GK (A. Menarini Diagnostics)

- **BGTS:** GlucoFix Tech® Sensors (£5.95 per 50)
- **Ketone Test Strip:** GlucoFix Tech® BKetone Sensors
- **Lancet:** Glucoject Plus®

Meter: 4SURE® Smart Duo (Nipro Diagnostics)

- **BGTS:** 4SURE® (£8.99 per 50)
- **Ketone Test Strip:** B 4SURE® beta-ketone
- **Lancet:** 4SURE®

Non-ketosis prone T2DM: Suitable for the majority of patients

Meter: On Call Extra® Mobile (Connect 2 Pharma)

- **BGTS:** On Call Extra® (£5.20 per 50)
- **Lancet:** On call®

Meter: GlucoRx Q® (GlucoRx)

- **BGTS:** GlucoRx Q® (£5.45 per 50)
- **Lancet:** GlucoRx® OR GlucoRx® Safety

Meter: CareSens S® Fit BT (Spirit Health)

- **BGTS:** CareSens S® (£5.45 per 50)
- **Lancet:** CareSens®

Meter: GlucoFix Tech® GK (A. Menarini Diagnostics)

- **BGTS:** GlucoFix Tech® Sensors (£5.95)
- **Lancet:** Glucoject Plus®

Meter: Contour Plus® Blue (Ascensia)

- **BGTS:** Contour Plus® (£5.95 per 50)
- **Lancet:** Microlet®

Meter: Finetest Lite® (Neon Diagnostics)

- **BGTS:** Finetest Lite® (£5.95 per 50)
- **Lancet:** Neon Verifine® safety OR Greenlan

Meter: TRUE Metrix® Air (Trivida)

- **BGTS:** True Metrix® (£5.95 per 50)
- **Lancet:** TRUEplus®

Meter: Agile® (Agamatrix)

- **BGTS:** AgaMatrix Agile® (£5.99 per 50)
- **Lancet:** Comfort Twist® OR AgaMatrix® Ultra-thin

Non-ketosis prone T2DM: Suitable for patients that require additional functionality (excluding paediatric and gestational diabetes - GDM-Health)

First Line:

Meter: Agile® (Agamatrix)

- **BGTS:** AgaMatrix Agile® (£5.99 per 50)
- **Lancet:** Comfort Twist® OR AgaMatrix® Ultra-thin

Second line:

Meter: WaveSense JAZZ® WIRELESS (AgaMatrix)

- **BGTS:** WaveSense JAZZ® (£8.74 per 50)
- **Lancet:** Comfort Twist® OR AgaMatrix Ultra-thin®

Meter: WaveSense JAZZ® (AgaMatrix)

- **BGTS:** WaveSense JAZZ® (£8.74 per 50)
- **Lancet:** Comfort Twist® OR AgaMatrix® Ultra-thin

Meter: Nexus Blue® (GlucoRx)

- **BGTS:** GlucoRx Nexus® (£8.95 per 50)
- **Lancet:** GlucoRx® OR GlucoRx® Safety

Paediatric patients with T2DM that require additional functionality

First line:

Meter: On Call Extra® (Connect 2 Pharma)

- **BGTS:** On Call Extra® (£5.20 per 50)
- **Lancet:** On Call®

Meter: On Call Extra® Voice (Connect 2 Pharma)

- **BGTS:** On Call Extra® (£5.20 per 50)
- **Lancet:** On Call®

Second Line

Meter: Nexus Blue® (GlucoRx)

- **BGTS:** GlucoRx Nexus® (£8.95 per 50)
- **Lancet:** GlucoRx® OR GlucoRx® Safety

Gestational diabetes (GDm-Health) patients that require additional functionality

Meter: WaveSense JAZZ® WIRELESS (AgaMatrix)

- **BGTS:** WaveSense JAZZ® (£8.74 per 50)
- **Lancet:** Comfort Twist® OR AgaMatrix Ultra-thin®

Local SWL meter option preferred by local SWL Paediatric team if appropriate

Meter: Accu-Chek Instant® (Roche)

- **BGTS:** Instant® (£5.95 per 50)
- **Lancet:** FastClix®

Table summary of preferred blood glucose and ketone meters, testing strips and lancets

Meter	BGTS	*BGTS Cost/50	Ketone Test Strip	Lancet	Supplier
T1DM or ketosis prone T2DM					
Majority of patients who also require a ketone testing meter					
Care Sens Dual®	CareSens Pro®	£5.45	KetoSens®	CareSens®	Spirit Health
GlucoFix Tech GK®	GlucoFix Tech Sensors®	£5.95	GlucoFix Tech® B-Ketone Sensors	Glucoject Plus®	A. Menarini
GlucoRx HCT®	GlucoRx HCT Glucose®	£8.95	GlucoRx HCT® Ketone	GlucoRx® OR GlucoRx® Safety	GlucoRx
4SURE® Smart Duo	4 SURE®	£8.99	B 4SURE® beta-ketone	4SURE®	Nipro
GlucoRx KEYA® Smart	KEYA®	£15.86	N/A- KEYA test strips also test ketones	GlucoRx® OR GlucoRx Safety®	GlucoRx
Majority of patients that require additional functionality					
GlucoFix Tech GK®	GlucoFix Tech® Sensors	£5.95	GlucoFix Tech® BKetone Sensors	Glucoject® Plus®	A. Menarini
4SURE® Smart Duo	4 SURE®	£8.99	B 4SURE® beta-ketone	4SURE®	Nipro
Meter	BGTS	*BGTS Cost/50	Lancet	Supplier	
Non-ketosis prone T2DM: Suitable for the majority of patients					
On Call Extra® Mobile	On Call Extra®	£5.20	On call®	Connect 2 Pharma	
GlucoRx Q®	GlucoRx Q®	£5.45	GlucoRx® OR GlucoRx® Safety	GlucoRx	
CareSens S® Fit BT	CareSens S®	£5.45	CareSens®	Spirit Health	
GlucoFix Tech GK®	GlucoFix Tech® Sensors	£5.95	Glucoject Plus®	A. Menarini	
Contour Plus® Blue	Contour Plus®	£5.95	Microlet®	Ascensia	
Finetest Lite®	Finetest Lite®	£5.95	Neon Verifine® safety OR Greenlan®	Neon	
TRUE Metrix Air	True Metrix®	£5.95	TRUEplus®	Trivida	
Agile	AgaMatrix Agile®	£5.99	Comfort Twist® OR AgaMatrix® Ultra-thin	AgaMatrix	
T2DM patients that require additional functionality					
First Line: Non-ketosis prone T2DM (Excluding Paediatric and Gestational diabetes - GDM-Health)					
Agile	AgaMatrix Agile®	£5.99	Comfort Twist® OR AgaMatrix® Ultra-thin	AgaMatrix	
Second Line: Non-ketosis prone T2DM (Excluding Paediatric and Gestational diabetes - GDM-Health)					
WaveSense JAZZ® WIRELESS	WaveSense JAZZ®	£8.74	Comfort Twist® OR AgaMatrix® Ultra-thin	AgaMatrix	
WaveSense JAZZ®		£8.74			
Nexus Blue®	GlucoRx Nexus®	£8.95	GlucoRx® OR GlucoRx® Safety	GlucoRx	
First Line: Paediatric patients with T2DM					
On Call Extra®	On Call Extra®	£5.20	On Call®	Connect 2 Pharma	
On Call Extra® Voice	On Call Extra®	£5.20			
Second Line: Paediatric patients with T2DM					
Nexus Blue®	GlucoRx Nexus®	£8.95	GlucoRx® OR GlucoRx® Safety	GlucoRx	
First Line: Gestational diabetes (GDM-Health) patients					
WaveSense JAZZ® WIRELESS	WaveSense JAZZ®	£8.74	Comfort Twist® OR AgaMatrix® Ultra-thin	AgaMatrix	
Local SWL meter option preferred by local SWL Paediatric team if appropriate					
Accu-Chek Instant®	Instant®	£5.95	FastClix®	Roche	

*cost [eDrug tariff](#) October 2023. Note; Sorted from low to high BGTS cost. If multiple meters are considered appropriate for an individual patient, choose the option that uses BGTS with the lowest acquisition cost.

References

- NHS England. [‘Commissioning recommendations following the national assessment of blood glucose and ketone meters, testing strips and lancets’](#) October 2023

Document History

Version: V 1.0

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Updates following publication of updated NHS England. [‘Commissioning recommendations following the national assessment of blood glucose and ketone meters, testing strips and lancets’](#) in October 2023:

- Removal of the AgaMatrix Agile and On Call Extra Mobile for first line treatment of gestational diabetes requiring a GDm-Health™ application due to technical issues with the software
- Typo correction, On Call Extra has been recommended for paediatrics, not On Call Extra Mobile

Version: V 1.2 (December 2023)

- Formatted for accessibility.