

# Prescribing Hot Topics



## Reminder: Blood Glucose Monitoring Meters

A review of available blood glucose monitoring meters was recently undertaken by a patient-led forum to determine whether CareSens N remains the most appropriate formulary choice in terms of quality, ease of use and cost effectiveness. Following this review, the group made recommendations to East Lancashire Medicines Management Board with the following guidance now being approved across both primary and secondary care:

- ⇒ **CareSens N continues to remain a formulary choice for those patients being treated with oral hypoglycaemic agents and where self - monitoring is required**
- ⇒ **Contour Next has been added as an option alongside CareSens N**

Clinicians are reminded that whilst this choice of meters should be suitable for the majority of adults, for some patients an alternative meter may be necessary to meet their individual needs. **Where a specialist has indicated that an alternative meter is required for an individual, the associated test strips should then be prescribed.**

It is recognised that paediatric patients and those with Type 1 diabetes may benefit from meters with additional functions such as carb counting and compatibility with Ketone test strips. A range of additional blood glucose testing meters that fulfil such criteria are therefore available for these patients. To see the agreed list of approved meters and associated functions **[click here](#)**. **For all paediatric patients the meter and initial supply of consumables will be made by the specialist service.**

In all instances of blood glucose monitoring, a testing regimen should be agreed with the patient and must include the frequency of testing. This should be recorded in the patient's written management plan.

For further guidance please refer to: ELMMB Guidelines for Self Monitoring of Blood Glucose in Adults.

***CareSens N continues to remain a formulary choice across both primary and secondary care where self-monitoring is required in patients being treated with oral hypoglycaemics.***

***Contour Next has been added as an alternative option alongside CareSens N***