

## Guidance on cost-effective single use lancets in diabetes

### Introduction

Waltham Forest Clinical Commissioning Groups (CCGs) spent approximately £68k on single use lancets for finger pricking in patients with diabetes who are required to undertake blood glucose monitoring. Seventy percent of the lancets prescribed comprise of the more costly brand options and hence if the CCG switched to prescribing of more cost effective lancets, the CCG could save approximately £15k annually.

Lancets are designed to fit into proprietary finger-pricking devices, however, most single use lancets can fit several devices. Finger pricking devices are not prescribable on a FP10 but tend to be supplied with the blood glucose monitoring meters. There are more than 50 different lancets listed in the Drug Tariff of which there are a number of lower cost brands of lancets that are 'universal fit' for most of the finger pricking devices available.

Lancets are produced in different lengths and gauges; the higher the gauge, the smaller the needle diameter, the less painful the finger pricking process. Lower gauge lancets are recommended for patients who produce insufficient blood samples when using higher gauge products.

### Safety Lancets

Safety lancets are single-use devices for capillary blood sampling mainly dedicated to healthcare professionals. They are an integral component to the sharps-injury prevention programs in to prevent needle-stick injuries and therefore are not routinely recommended for prescribing.

### Multi-device lancets

Multi-device lancets (Multiclix Roche or Fastclix drum) contain preloaded lancet drum which should be restricted to those with a clinical need e.g. patients with dexterity problems, needle phobia or visual impairment

This is not a definitive list and reflects lancets that are more cost effective and based on local usage.

\*- Please note these are not cost effective in this pack size.

- multi-coloured lancets are available in different colours and aimed to be used in children.

Medium gauge 30G lancets – suitable for most patients (0.28-0.38mm) with low acquisition cost (≤£3.00/100)					
Name	Size	Pack	Cost	Compatibility	Lancing device supplied free
AgaMatrix Ultra-Thin	0.35mm/28 gauge	200	£5.43	Universal	✓
Apollo twist	0.36mm/28 gauge	200	£4.50	See below	x
CareSens	0.36mm/28 gauge	100	£2.95	CareSens Lancing Pen	-
CareSens	0.31mm/30 gauge	100	£2.95	CareSens Lancing Pen	-
GlucRx Lancets	0.31mm/30 gauge	200	£5.50	GlucRx lancing	✓
Glucject lancets plus	0.20mm/33 gauge	*100/200	£3.77/£5.50	Universal	x
Greenlan Lancets	0.35mm/28 gauge	100/200	£3.00/£6.00	Neon diagnostic	x
IME-DC	0.3mm/30 gauge	100	£3.00	See below	-
Microdot	0.31mm/30 gauge	100/200	£3.00/£6.00	See below	-
Milward Steri-Let	0.36mm/28 gauge	100/200	£3.00/£5.70	unknown	-
Milward Steri-Let	0.66mm/23 gauge	100/200	£3.00/£5.70	unknown	-
Mylife lancets	0.3mm/30 gauge	200	£5.50	Mylife Soft lancing device	✓
Mylife multicolour	0.3mm/30 gauge	200	£5.50	Mylife Soft lancing device	✓
Omnican Lancet Soft	0.30mm/30 gauge	200	£5.45	See below	-
One Touch Delica	0.32mm/30 gauge	200	£5.85	One touch Select Plus	x
Palmdoc iCare Advanced	0.38mm/30 gauge	100/200	£2.85/£4.45	See below	-
TRUEplus Lancets	0.32mm/30 gauge	100	£2.90	Universal except Roche	x
TRUEplus Lancets	0.195mm/33 gauge	100	£2.90	Universal except Roche	x
Unilet Eco	0.375mm/28 gauge	100	£2.99	See below	-
Vitrex Soft	0.65mm/23 gauge	100/200	£3.00/£5.70	See below	-

The lines highlighted above in blue are meters that have been approved on the local formulary

### Action for practices

- Prescribers are urged to **review** prescribing of single use lancets with a view to transferring patients to lower cost acquisition lancets where appropriate.
- Ensure **quantities** prescribed are appropriate and in line with frequency of testing and script collection to minimise waste.
- If patients are using lancing devices not approved locally, then practices can **contact manufacturers** that supply lancing devices free of charge. The blood glucose meter does not have to be the same brand as the lancing device.

### The Do's and Don'ts of prescribing lancets

#### Do's

- Use cost-effective lancets which cost **≤£3 / 100** (This may not necessarily be the lancet supplied with the meter).
- Lancets are for **single use only**. Educate the patient to use a new lancet every time they test their blood sugar levels
- Multi-device lancets which contain a preloaded lancet drum, should be restricted to those with clinical need e.g. those with dexterity problems, needle phobia or visual impairment

#### Don'ts

- Safety lancets should **not** be prescribed on FP10. These are primarily for the benefit of healthcare workers to avoid needle stick injury, not for the benefit of the patient
- Direct patient requests for higher cost lancets should be refused unless there is a good clinical reason for a particular **brand of lancet to be supplied**.

#### General Prescribing advice

- The higher the gauge (G) of a lancet; the smaller the diameter of the needle. A low gauge needle (28G) may be quite uncomfortable for the patient while a higher gauge (33G) may not provide sufficient blood for testing. Generally 30G lancets are suitable for most patients
- Advise patients about safe disposal via sharps bin. Sharps bins can be prescribed via an FP10

Compatibility Table

	Lancing Device																
	Autolet/ Autolet Life Autolet Mark 11	Autoclix	Auto Lancet	Auto- Lancet BD Exavtech Soft touch	Autolet Impression	Dialet	Glucoject Dual S	Gluco- let	Hemalet Hypo-let	IME- DC	Micr o- let	Mono- jector	Medi- sense	Penlet Penlet 11	Prestige Smart system	Soft Touch	Ult-Lance Automatic/ Adjustable
Apollo twist	x	x	✓	x	✓	x	✓	x	x	x	✓	✓	x	-/✓	✓	✓	x
IME-DC Lancets	x	x	✓	x	✓	x	✓	x	x	✓	✓	✓	x	-/✓	✓	✓	x
Omnican Lance Soft	x	x	x	x	✓	x	✓	x	x	x	✓	x	x	x	x	x	x
Unilet Eco	x	x	✓	x	✓	x	✓	x	x	x	✓	✓	x	-/✓	✓	✓	x
IME-DC	x	x	✓	x	✓	x	✓	x	x	✓	✓	✓	x	✓	✓	✓	x
Vitrex Soft	x	x	✓	x	✓	x	x	x	x	x	✓	✓	x	-/✓	✓	✓	x
Glucoject lancets plus	x	x	✓	x	✓	x	✓	x	x	x	✓	✓	x	✓	✓	✓	x
Palmdoc Lancets	✓	✓	✓	x	✓	✓	✓	✓	x	x	x	x	x	x	x	x	x

Please note: - indicates where there is no information available with regards to compatibility

References

1. e-PACT data accessed 8 December 2016
2. PresQIPP . Cost effective lancet choices for self use by patients. Bulletin 104, July 2015 <https://www.prescqipp.info/lancets/send/188-lancets/2022-bulletin-104-lancets>. Last accessed 8 December 2016
3. Mid-Essex CCG. Diabetes; blood glucose meters, test strips & lancets guidelines Feb 2016. <http://midessexccg.nhs.uk/component/search/?searchword=lancets&searchphrase=all&Itemid=146> Last accessed 8 December 2016

