

North East London Blood Glucose Test Strips Guideline

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Introduction

These guidelines are intended to assist healthcare professionals in the selection of appropriate blood glucose (BG) meters and test strips for patients to self-monitor their blood glucose levels.

The recommendations on the choice of meter in this guideline reflects a multi-disciplinary review of several requirements including:

- Compliance with the new ISO standards [EN ISO 15197:2015](#) for glucose testing meters
- Price < £6.00-£10.00 per 50 glucose test strips
- Memory capacity of more than 450 readings which cannot be deleted so as to comply with [DVLA](#) requirements
- Where possible, 6 months expiry once the container of test strips is opened
- Auto coding device
- Set to read in mmol/L as per [MHRA guidance](#).
- Clinical and technical features of meters (connectivity, suitability for particular patient groups)
- Included in the NHSE national medicines optimisation opportunity recommendations for Appropriate prescribing and supply of blood glucose and ketone meters, and testing strips

The need for a meter for people diagnosed with diabetes will be assessed by a healthcare professional, and if required, a **suitable formulary meter** will be supplied to the patient. These meters will be provided free of charge from GP surgeries or specialist diabetes clinics.

There should be no need for a patient to purchase a meter and patients should be dissuaded from doing so without consulting their diabetes healthcare professional first.

This guideline does **not** include continuous intermittently scanned [continuous glucose monitoring](#) (isCGM, commonly referred to as 'flash'), real-time continuous glucose monitoring (rtCGM) or guidance on [continuous glucose monitoring](#) for pregnant women. This guidance has been endorsed by the NEL diabetes clinical network.

Please note that this guideline is for use of healthcare professionals during initiation for new patients and for any existing patients during point of review – where possible prescribe blood glucose testing strips which cost <£6

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Patient Cohorts and Recommended Meters and Devices

Blood glucose and ketone meters have been separated into three categories. The categories and recommended devices are summarised below¹.

Category	Patient cohort	Meter	Recommendations					
			First line (NHSE recommended)			Second line (NEL recommended)		
			Meter	Test Strip	Cost per 50 strips ²	Meter	Test Strip	Cost per 50 strips ²
1a	Type 1 diabetes or ketosis prone	Meters and strips which are suitable for the majority of people that also require a ketone testing meter.	GlucoFix Tech GK	GlucoFix Tech Sensors	£5.95	Glucomen areo 2K	Glucomen areo	£7.25
			GlucoRx HCT	GlucoRx HCT Glucose	£8.95			
			Gluco Rx KEYA Smart	KEYA	£15.86			
			4SURE Smart Duo	4SURE	£8.99			
			CareSens Dual	CareSens PRO	£9.95			
1b	Type 2 diabetes	Meters and strips which are suitable for the majority of people that require additional functionality.	GlucoFix Tech GK	GlucoFix Tech Sensors	£5.95			
			4SURE Smart Duo	4SURE	£8.99			
2	Type 2 diabetes	Meters and strips which are suitable for the majority of people with Type 2 diabetes.	AgaMatrix Agile	AgaMatrix Agile	£5.99	Tee2+ Palmdoc 2 (voice)	Tee2 Palmdoc	£7.75 £5.90
			GlucoFix Tech GK	GlucoFix Tech Sensors	£5.95			
			Contour Plus Blue	Contour Plus	£5.95			
			On Call Extra Mobile	On Call Extra	£5.20			
			GlucoRx Q	GlucoRx Q	£5.45			
			Finetest lite	Finetest Lite	£5.95			
			CareSens S Fit BT	CareSens S	£5.45			
			TRUE Metrix Air	True Metrix®	£5.95			

Category	Patient Cohort	Meter	Recommendations					
			First line (NHSE recommended)			Second line (NEL recommended)		
			Meter	Test Strip	Cost per 50 strips ²	Meter	Test Strip	Cost per 50 strips ²
3	Type 2 diabetes (additional functionality)	Meters and strips which are suitable for people with Type 2 diabetes that require additional functionality.	Type 2 diabetes (enhanced functionality)					
			First Line					
			AgaMatrix Agile	AgaMatrix Agile	£5.99			
			Second Line					
			WaveSense JAZZ	WaveSense JAZZ	£8.74			
			WaveSense JAZZ Wireless					
			GlucRx Nexus Blue	GlucRx Nexus	£8.95			
			Type 2 diabetes Paediatrics					
			First Line					
			On Call Extra	On Call Extra	£5.20			
			On Call Extra Voice					
			Second Line					
			GlucRx Nexus Blue	GlucRx Nexus	£8.95			
			Type 2 diabetes (Gestational diabetes – GDM-Health™)					
			First Line					
WaveSense JAZZ wireless	WaveSense JAZZ	£8.74						

Prices as per December 2023 Drug Tariff

N.B: Blood glucose meters can be ordered directly from manufacturers.

Blood Glucose Monitoring Inclusion and Exclusion Criteria

When to Offer Blood Glucose Monitoring³

- All patients with Type 1 diabetes
- All patients with Type 2 diabetes and on insulin or where there is evidence of hypoglycaemic episodes
- Non-insulin managed patients with T2DM who:
 - Are prescribed sulfonylureas or '**glinides**', and also drive
 - Have been newly initiated or dose titrated with a GLP analogue (e.g. exenatide) for short term only (<3 months)
- ALL patients that are pregnant, or are planning to become pregnant. For more information, see the NICE guideline on diabetes in pregnancy. [[NICE's guideline on diabetes in pregnancy](#)]

When not to Offer Blood Glucose Monitoring³

- Those with Type 2 DM controlled by diet and exercise alone
- Patients with Type 2 diabetes controlled by any of the following oral agents (alone or in combination with one another): metformin, pioglitazone, acarbose, a gliptin or an SGLT2 inhibitor

Getting the most from capillary blood glucose monitoring⁴

- Accurate user technique is critical and the person performing the test must have received appropriate training
- Test strips should be stored in the original container, and at the correct temperature according to manufacturer's directions
- The container should be promptly closed after removing a strip to keep the contents stored in the correct condition.
- The BG meter should show results in mmol/L not mg/dL.
- The user should be aware of the degree of error, especially in the low BG result range.
- The user should be trained to relate meter readings to their symptoms and seek their healthcare professional's support as needed
- People having abnormalities with haematocrit, haemoglobinopathies or anaemia may experience inaccurate readings
- Only specific meters are suitable for people on peritoneal dialysis, so the appropriate meter should be initiated by the healthcare professional initiating the meter.
- Every person who is asked to perform glucose or ketone monitoring should be provided with the correct means of safe disposal of their sharps, i.e. lancets.

Please note that this guideline is for use of healthcare professionals during initiation for new patients and for any existing patients during point of review – where possible prescribe blood glucose testing strips which cost <£6

Advice for Patients with Diabetes recommended to use Self-monitoring of blood glucose (SMBG)

Type of Diabetes	Treatment Group	Suggested Monitoring Guide	Reasonable test strip requirement (NB: 1box = 50 strips)
Type 1 Diabetes	All children and adults with Type 1 diabetes	<ul style="list-style-type: none"> ✓ SMBG is integral in the treatment of all people with Type 1 diabetes. ✓ All people with Type 1 diabetes should be educated to use SMBG effectively through structured education to ensure they have the skills and knowledge to adjust insulin according to glucose intake and make corrective doses. ✓ Self-testing four times a day or more will be required to gain optimal control, avoid hypoglycaemia, and avoid metabolic emergencies such as diabetic ketoacidosis (although less frequent testing may be appropriate in patients with good control and good hypoglycaemia awareness). 	<ul style="list-style-type: none"> ✓ Regular testing required. ✓ Should be prescribed as a repeat prescription – quantities depend on patient’s monitoring frequency ✓ Guide requirement = 3-6 boxes per month
Type 1 and Type 2 diabetes in pregnant women & gestational diabetes	All pregnant women with diabetes	<ul style="list-style-type: none"> ✓ All pregnant women with Type 1, Type 2 or gestational diabetes controlled with insulin, tablets or diet alone should self-test seven times day in order to achieve tight diabetic control.⁵ ✓ Self-testing should include both fasting and postprandial 	<ul style="list-style-type: none"> ✓ Regular testing required. ✓ Supply according to agreed management plan ✓ Guide requirement = 3-5 boxes per month
Type 2 Diabetes	Insulin therapy with or without hypoglycaemic agents	<p>On initiation, regular monitoring 2 to 4 times a day is required to achieve optimum glycaemic control.</p> <ul style="list-style-type: none"> ✓ For stable patients where glycaemic control is achieved, self-testing may be reduced to 2 or 3 times a week. ✓ Increase self-testing during periods of illness, instability or use of oral steroids, and following changes in insulin dosage ✓ Regular self testing is required for patients who adjust their insulin dose according to blood glucose. ✓ Assess patients understanding and use of results to adjust diet, lifestyle and treatment. Provide extra training/education if required. 	<ul style="list-style-type: none"> ✓ Guide requirement = 3 boxes per month ✓ Additional test strips will be necessary for those who require monitoring for DVLA vocational licensing requirement – assess on an individual basis ✓ Generally: Group 1: 2-3 boxes per month for driving. Group 2: 3 boxes per month

Type of Diabetes	Treatment Group	Suggested Monitoring Guide	Reasonable test strip requirement (NB: 1 box = 50 strips)
Type 2 Diabetes	Sulfonylurea /repaglinide Alone or in conjunction with other therapies	<ul style="list-style-type: none"> ✓ Patients on sulfonylureas/repaglinide should not need to routinely self-monitor blood glucose, but SMBG may be considered if there is: <ul style="list-style-type: none"> ✓ identify hypoglycaemia especially in the first 3 months of starting sulfonylurea ✓ is asymptomatic hypoglycaemia ✓ suspected asymptomatic hypoglycaemia ✓ use of oral steroids ✓ risk of hypoglycaemia due to renal impairment or high alcohol intake ✓ certain occupations (see DVLA guidance) ✓ Self-monitoring regime should be agreed as part of a management plan 	<ul style="list-style-type: none"> ✓ Guide requirement = 1 box per month for initial 3 months then 1-2 boxes per year ✓ Driving: 1-2 boxes per month. ✓ Impaired awareness of hypoglycaemia: prescribe 1 box per month.
Type 2 Diabetes	Diabetic patients controlled with Pioglitazone, gliptins, or SGLT-2 inhibitors GLP-1mimetic (once stabilised)	<p>Self-testing should not routinely be recommended.</p> <ul style="list-style-type: none"> ✓ Glycaemic control is best monitored through HbA1c testing. ✓ On diagnosis and treatment initiation, motivated patients may wish to monitor effects of changes in diet and physical activity. ✓ SMBG should only be offered as part of a structured plan with education on how to interpret the results. ✓ Regular long term testing is unnecessary ✓ With exception to those undergoing significant changes in pharmacotherapy or fasting, for example, during Ramadan 	<ul style="list-style-type: none"> ✓ Testing not recommended ✓ Maximum 4 boxes a year
Type 2 Diabetes	Diabetic patients controlled with diet and exercise or metformin alone.	<ul style="list-style-type: none"> ✓ SMBG not routinely recommended. ✓ Glycaemic control is best monitored through HbA1c testing 	<ul style="list-style-type: none"> ✓ Testing unnecessary
Type 1 and Type 2 diabetes	Patients currently on Continuous Glucose Monitoring (CGM)	<ul style="list-style-type: none"> ✓ Patients who are using CGM will still need to take blood glucose measurements (although less often) to check the accuracy of their CGM device ✓ they will need capillary blood glucose monitoring as a back-up (for example when their blood glucose levels are changing quickly or if the device stops working). ✓ Provide them with enough test strips to take capillary blood glucose measurements as needed. 	<ul style="list-style-type: none"> ✓ Minimum monthly/annual requirements vary for each CGM device ✓ Refer to local CGM implementation guidance for further advice

Blood Glucose self-monitoring for drivers⁶

- **Treated with Insulin**

- Group 2 Drivers (lorries/buses)

- At least **twice** daily blood glucose monitoring including on days when not driving
 - No more than 2 hours before the start of the first journey and every 2 hours after driving has started
 - A maximum of 2 hours should pass between the pre-driving glucose test and the first glucose check performed after driving has started.
 - More frequent self-monitoring may be required with any greater risk of hypoglycaemia
 - Use glucose meter with non-deletable memory function sufficient to ensure 3 months of readings available.

- Group 1 Drivers (cars/motorcycles):

- Glucose testing no more than 2 hours before the start of the first journey and every 2 hours after driving has started (More frequent self-monitoring may be required with any greater risk of hypoglycaemia)
 - A maximum of 2 hours should pass between the pre-driving glucose test and the first glucose check performed after driving has started

- **Treated with tablets which carry a risk of hypoglycaemia (Sulphonylureas and Glinides)**

- Group 2 Drivers (lorries/buses):

- Should monitor blood glucose at least twice daily and at times relevant to driving

- Group 1 Drivers (cars/motorcycles):

- The frequency of testing depends upon the clinical context, it may be appropriate to monitor blood glucose at times relevant to driving to enable the detection of hypoglycaemia
 - The greatest risk of hypoglycaemia with sulphonylureas is in the first **three** months of treatment therefore people who are just starting treatment, experiencing hypoglycaemia, or have reduced awareness are likely to need to test more frequently

HbA1c is measured alongside with blood glucose monitoring. It is defined as average blood glucose (sugar) levels for the last two to three months. If you have diabetes, an ideal HbA1c level is 48mmol/mol (6.5%) or below with **exception** to patients that is on antidiabetic that may cause hypoglycaemia⁷.

*Glycosylated haemoglobin (HbA1c) may be unreliable in the following situations:

- ✓ Patients with anaemia;
- ✓ Patients with polycythaemia;
- ✓ Patients with haemoglobinopathies;
- ✓ Patients in whom venesection is not possible⁸

Ketone testing in people with diabetes: Advice for prescribers in primary care

Ketone testing is usually indicated for people with **type 1 diabetes** mellitus but may also be applicable to:

- A small group of **high-risk** patients with type 2 diabetes (e.g. those with multiple dosing injections (MDI) who are ketosis prone i.e. DKA in the past, or who are known to have low endogenous production)
- Those with pancreatic disease-induced diabetes, i.e. type 3c diabetes

*Patients required to self-test for ketones will be identified by the diabetes specialist service and provided with the initial supply of ketone testing strips and compatible meter by the specialist service but may be for primary care to continue prescribe such strips. Supply is not expected to exceed more than one pack (10 strips) per year, with the exception of insulin pump patients.

What do the results on ketone test strips mean?

Results on blood testing strips are presented as mmol/L. Results on urine testing strips are presented as numbers of + and graduation of colour intensity, but these correlate approximately with mmol/L levels. The individual's management plan (continued monitoring required, insulin dosage adjustment and when to seek medical assistance) should cover actions needed for at least the ranges listed below:

Urine strip reading	Nil	+	++	+++ or ++++
Blood strip reading	Below 0.6	0.6 to 1.5 mmol/L	1.5 to 3 mmol/L	Above 3 mmol/L

Please click [here](#) for full management of diabetic ketoacidosis.

Safe disposal of sharps


Local councils are responsible for collecting and disposing of clinical waste including sharps e.g. syringes from patients' homes. Please click [here](#) for more information.


For **free** collection of sharps within Barking and Dagenham, City and Hackney, Havering, Redbridge, please contact: **03301 224220**


Adverse Incidents


An adverse incident is an event that caused, or almost caused, an injury to a patient or other person or a wrong or delayed diagnosis and treatment of a patient. If such an incident occurs with a blood glucose meter or testing strips, e.g., a faulty batch of test strips for a blood glucose meter giving wrong readings, this should be reported to the Medicines Healthcare and products Regulatory Agency (MHRA) via the [Yellow Card Scheme](#).


Recommended Blood Glucose/Ketone Meters and Testing strips¹


Category	Meter	Key features		Test strips	Lancets	Ketone strips
1a, 1b, 2 All patient cohorts requiring enhanced functionality	GlucoFix Tech GK¹⁰ Size and weight: 10.7cm x 5.8cm x 1.35cm, 61g (Display: 4.8cm x 4cm)  Additional/enhanced functionality	Manufacturer	A.Menarini Diagnostics	GlucoFix Tech Sensors Test Strips Cost: £5.95/50 Expiry: 12 months after first opening the test strip vial	GlucoRx Lancets Cost: £4.50/200	GlucoFix Tech B-Ketone Sensors Test Strips Cost: £9.95/10 Expiry: 12 months after first opening the test strip vial
		Memory	730 blood glucose and 100 ketonemia with markers, dates and times.			
		Connectivity	QuickLink NFC, Bluetooth and dedicated USB cable			
		Applications	Glucolog Lite, Glucolog Web & RapidCalc Bolus Advice App, Glooko and Diasend			
		Warnings	Hypo & Hyper alerts, up to six settable audible alarms (3 Glucose Alarms & 3 Ketone Alarms)			
		Alerts	Hypo & Hyper Alerts & four markers available			
		Sample size	Glucose: 0.5µL, Ketone: 0.8 µL			
		Reaction Time	Glucose: 5 Seconds, Ketone: 8 Seconds for			
		Measurement range	1.1 to 33.3mmol/L (20 – 600 mg/dL)			
		Haematocrit range	10 – 70%			
Technical support	http://www.glucomen.co.uk/glucofix-tech 0800 243667 (Freephone)					
Other features	No coding needed, Meal markers, Extra-large memory, Strip ejector, Provides 1, 7, 14, 30, 60, 90 day averages. Compliant with device standard EN ISO 15197:2015					
Recommended cohorts	Carbohydrate Counting, Cognitive Impairment, Dexterity, Group 2 Driver, Learning Difficulties No Fixed Abode, Paediatrics, Unable to read English, Visually Impaired					


Category	Meter	Key features		Test strips	Lancets	Ketone strips
1a	Glucorx HCT ¹¹ Size and weight: 96mm x 61mm x 26mm, 67.2g 	Manufacturer Glucorx	Memory Stores 1000 non-deletable readings with Day averages - Fulfils DVLA memory requirements	Glucorx HCT Glucose Cost: £8.95/50 Expiry: 6 months after first opening per pot of 25 test strips	Glucorx Lancets Cost: £4.50/200	Glucorx HCT Ketone Cost: £9.95/10 Expiry: 18 months, or until individual foil pack opened.
	Connectivity Smart phone connectivity to 'Glucorx Voyager.' USB cable for free Windows software: 'Glucorx HealthCare Management System' & 'Glucorx Voyager.' Glucorx meter and Voyager are integrated with (I) Apple Health app (II) 'Vision'					
	Applications Diasend®/Glooko® and Eclipse Remote Platform (https://www.eclipselive.org)					
	Warnings High & Low results, Ketone warning with glucose results ≥15mmol/L, Temperature, Low battery					
	Alerts Error messages for used test strip insertion, Problem in Operation, Premature strip removal, Insufficient blood volume, four alarms					
	Sample size 1.0µl					
	Reaction Time Glucose: 5 seconds, Ketone: 10 seconds					
	Measurement range 1.1 to 33.3mmol/L (20 – 600 mg/dL)					
	Haematocrit range 30 – 60%					
	Technical support http://www.glucorx.co.uk/ Tel: 0800 007 5892 Email: info@glucorx.co.uk					
	Other features Auto QC tagging, Day averages, Discreet testing, Haematocrit Correction Technology, Meal markers, Strip ejector. Compliant with device standard EN ISO 15197:2015					


Category	Meter	Key features		Test strips	Lancets	Ketone strips
1a	KEYA Smart ¹² Size and weight: 58mm x 105mm x 14mm, 95g 	Manufacturer	GlucorX	KEYA Test Strips Cost: £15.86 Pack/50	GlucorX Lancets Cost: £4.50/200	KEYA Test Strips – Measures glucose and ketones during every test
		Memory	1200 Glucose results plus 1200 Ketone results			
		Connectivity	USB cable; Bluetooth and smart phone connectivity to FREE KEYA app			
		Applications	Diasend®/Glooko® and Eclipse Remote Platform https://www.eclipselive.org			
		Warnings	High and Low results, Ketones detected in blood sample over 0.1 mmol/L, Temperature, Low battery			
		Alerts	Error messages for hardware & software errors, used test strip insertion, timeout error, premature strip removal, strip fill errors			
		Sample size	0.5µl			
		Reaction Time	5 seconds			
		Technical support	http://www.glucorx.co.uk/ Tel: 0800 007 5892 Email: info@glucorx.co.uk			
		Measurement range	1.1 to 33.3mmol/L (20 – 600 mg/dL)			
		Haematocrit range	Glucose: 30 – 50% Ketone: 0 – 4mmol/L			
Other features	Day averages, Discreet testing, Meal markers, Multiple language option. Provides 7, 14, 30- and 90-day analyses of glucose and ketones. Compliant with device standard EN ISO 15197:2015					


Category	Meter	Key features		Test strips	Lancets	Ketone strips
1a, 1b All patient cohorts requiring enhanced functionality	4SURE Smart Duo ¹³ Size and weight: 89.8mm x 54.9mm x 18mm, 46.1g  Additional/enhanced functionality	Manufacturer	Nipro Diagnostics	4SURE Test Strips Cost: £8.99 Pack/50 Expiry: 24 months - opening of vial has no impact on expiration date	4SURE lancets Cost: £2.90/100	B 4SURE beta-ketone Test Strips Cost: £9.92 Pack/10 Expiry: 18 months
		Memory	1000 measurement results with date and time			
		Connectivity	USB cable and Bluetooth			
		Applications	Diabetes: M, Glooko & Diasend			
		Warnings	High and low glucose and ketone level			
		Alerts	Error messages, high & low glucose and ketone levels, Temperature warning			
		Sample size	Glucose: 0.5µL, β-ketone: 0.8 µL			
		Reaction Time	Glucose: 5 seconds, Ketone: 10 seconds			
		Measurement range	Glucose: 0.5 – 33.3 mmol/L β-Ketone: 0.1 – 8.0 mmol/L			
		Haematocrit range	Glucose: 0 – 70% β-Ketone: 10 – 70%			
Technical support	https://www.nipro-diagnostics.co.uk/ Tel: 0800 08 588 08 Email: diagnostics-uk@nipro-group.com					
Other features	Auto electrode insertion detection, Auto sample loading detection, Auto reaction time count-down, Auto switch-off, Meal markers, Carbohydrate Counting, Strip ejector button, Strip port light. Provides 3, 7, 14, 30, 60, 90-day averages. Compliant with device standard EN ISO 15197:2015					
Recommended cohorts	Cognitive Impairment, Dexterity, Group 2 Driver, Learning Difficulties, No Fixed Abode, Paediatrics, Unable to read English, Visually Impaired, Gestational diabetes					


Category	Meter	Key features		Test strips	Lancets	Ketone strips
1a	<p>CareSens Dual ¹⁴</p> <p>Size and weight: 106mm x 58mm x 17mm, 72.6g</p> 	Manufacturer	Spirit Health	CareSens PRO Test Strips Cost: £9.95 Pack/50 Expiry: 12 months after first opening the test strip vial	CareSens Lancets Cost: £2.95/100	KetoSens Test Strips Cost: £9.95 Pack/10 Expiry: 12 months after first opening the test strip vial
		Memory	1,000 test results			
		Connectivity	Bluetooth and USB/Smartphone			
		Applications	Diasend, Glooko, Smart Log, Hedia			
		Warnings	Temperature, High and low result, Low battery, Meter fault, Bluetooth connectivity fault, Electronic error fault			
		Alerts	Used Test Strip, blood or control solution applied incorrectly, high viscosity blood sample or insufficient volume, incorrect test strip used, Four alarms (three timed, one post-meal alarm)			
		Sample size	Glucose: 0.4µl, Ketone: 0.5µl			
		Reaction Time	Glucose: 5 seconds, Ketone: 8 seconds			
		Measurement range	Glucose: 1.1 to 33.3mmol/L (20 – 600 mg/dL) Ketone: 0.1 – 8mmol/L			
		Haematocrit range	Glucose: 15 – 65% Ketone: 30 – 60%			
Technical support	http://www.spirit-health.co.uk/diabetes/blood-glucose-meters Tel: 0800 881 5423 Email: cs@spirit-healthcare.co.uk					
Other features	A clear, large backlit display, Pre/post meal markers, Self-coding for accurate testing, Strip ejector button, Provides 1, 7, 14, 30, 90-day averages. Compliant with device standard EN ISO 15197:2015					

Category	Meter	Key features		Test strips	Lancets	Ketone strips
1a 2 nd line – NEL recommend ed	Glucomen Areo 2k¹⁵ Size and weight: 85.5mm x 56mm x 18.2mm, 46 g 	Manufacturer	A. Menarini Diagnostics	GlucoMen® areo Sensor Cost: £7.25/50 Expiry: 9 months after first opening the vial.	Glucoject lancets Cost: £3.77/100	GlucoMen® areo β-Ketone Sensor Cost: £9.95/10 Expiry: Do not use past expiry date on packaging
		Memory	730 glucose and 100 β-ketone test results with markers, dates and times.			
		Connectivity	USB cable, NFC, Bluetooth			
		Applications	GlucoLog			
		Warnings	High and Low results, ketone test warning, low battery, temperature, early strip removal			
		Alerts	Up to six settable acoustic alarms (3 for glucose, 3 for β-ketone measurements)			
		Sample size	0.5 µL - glucose 0.8 µL – B-Ketone			
		Reaction Time	5 seconds for glucose, 8 seconds - ketone			
		Measurement range	Glucose: 1.1 – 33.3 mmol/l (20 – 600 mg/dl) Ketone: 0.1 – 8.0 mmol/L			
		Haematocrit range	Glucose: 10-70% Ketone: 20 - 60 %			
Technical support	http://www.glucomen.co.uk Tel: 0800 243667					
Other features	Meal markers available, automatic turn off. Provides 1, 7, 14, 30, 60, 90-day averages (glucose only). Compliant with device standard EN ISO 15197:2015					

Category	Meter	Key features		Test strips	Lancets
2 2 nd line – NEL recommended	Tee2+ ¹⁶ Size and weight: 108mm x 56mm x 15mm, 70g 	Manufacturer	Spirit Healthcare	Tee 2 Cost: £7.75/50 Expiry: until the expiration date printed	careSens Cost: £2.95/100
		Memory	1000 test results		
		Connectivity	Bluetooth, smart log software and cable		
		Applications	Compatible with Smart Log diabetes management APP9 software		
		Warnings	Hight & low results, strip expiration, temperature, low battery,		
		Alerts	Four testing alarms, blood or control solution applied incorrectly, error message for used or incorrect test strip or Problem in Operation,		
		Sample size	0.5 microlitres		
		Reaction Time	5 seconds		
		Measurement range	1.1 – 33.3 mmol/l (20 – 600 mg/dl)		
		Haematocrit range	15 – 65%		
	Technical support	http://www.spirit-health.co.uk/diabetes/blood-glucose-meters Tel: 0800 881 5423 Email: cs@spirit-healthcare.co.uk			
	Other features	Drivers requiring up to 11 tests/day, alternate site testing, provides 1, 7, 14, 30- and 90-days averages. Compliant with device standard EN ISO 15197:2015			


Category	Meter	Key features		Test strips	Lancets
<p>2</p> <p>2nd line – NEL recommended</p> <p>Size and weight: 96.4mm x 54mm x 22.06mm, 79g</p> 	<p>Palmdoc 2 (voice) 17</p>	<p>Manufacturer</p>	<p>Palmdoc</p>	<p>Palmdoc</p> <p>Cost: £5.90/50</p> <p>Expiry: 180 days after the first opening date</p>	<p>Palmdoc Lancets</p> <p>Cost: £2.85/100</p>
		<p>Memory</p>	<p>900 blood glucose test results with date and time in its memory (DVLA)</p>		
		<p>Connectivity</p>	<p>USB Data Port</p>		
		<p>Applications</p>	<p>Palmdoc 2 software – download from website</p>		
		<p>Warnings</p>	<p>Temperature, low battery, high & low result, insufficient sample or test strip</p>		
		<p>Sample size</p>	<p>0.7µL</p>		
		<p>Reaction Time</p>	<p>5 seconds</p>		
		<p>Measurement range</p>	<p>1.1 – 33.3 mmol/l (20 – 600 mg/dl)</p>		
		<p>Haematocrit range</p>	<p>20 – 60%</p>		
		<p>Technical support</p>	<p>https://www.palmdoc.co.uk Tel: 0800 994 9995 Email: hello@palmdoc.co.uk</p>		
<p>Other features</p>	<p>Speak 5 languages, Auto sample loading detection, Auto reaction time cut-down, Auto insufficient blood detection, Meter talks through each step. Provides 7, 15, 30, 45, and 90–day averages. Compliant with device standard EN ISO 15197:2015</p>				
<p>Recommended cohorts</p>	<p>Voice for Visually Impaired</p>				


Category	Meter	Key features		Test strips	Lancets
2, 3	Agile¹⁸ Size: 6.5 x 3.0 x 1.0 cm 	Manufacturer	AgaMatrix	AgaMatrix Agile Test Strips Cost: £5.99 Pack/50	AgaMatrix Ultra-Thin Cost: £5.43/200
		Memory	1,000 blood glucose and control solution test results with date, time		
		Connectivity	Bluetooth		
		Applications	AgaMatrix diabetes manager app, ALLY diabetes patient management system, Diasend, Glooko, Apple Health, My mHealth, Social Diabetes		
		Warnings	Low/dead battery, Temperature, Faulty strip		
		Alerts	High- and Low-level results		
		Sample size	0.5µL		
		Reaction Time	5 seconds		
		Measurement range	1.1 to 33.3 mmol/L (20 – 600 mg/dl)		
		Haematocrit range	20% - 60%		
		Technical support	http://www.agamatrix.co.uk/ Tel: 0800 093 1812 (Freephone) Email: customercare@agamatrix.co.uk		
		Other features	Auto-synchronisation, Auto-detection of QC, Fasting tag, Simple pairing, Remote management		
Recommended cohorts	Cognitive Impairment, Carbohydrate counting, Dexterity, Group 2 Driver, Learning Difficulties, No Fixed Abode, Unable to read English, Visually Impaired				


Category	Meter	Key features		Test strips	Lancets
2	<p>Contour Plus Blue 19</p> <p>Size and weight: 78.5mm x 56mm x 18mm, 53g</p> 	<p>Manufacturer Ascensia</p> <p>Memory 800 test results</p> <p>Connectivity Bluetooth, USB Cable, Smart phone connectivity</p> <p>Applications Contour® Diabetes App, GlucoContro.online, Glooko® (formerly Diasend®), Tidepool and Diabetes My Way</p> <p>Warnings High and Low warnings if the reading is outside the measurement range.</p> <p>Alerts Alarm reminders can be set for 30, 60, 90 and 120 minutes</p> <p>Sample size 0.6µL</p> <p>Reaction Time 5 Seconds</p> <p>Measurement range 0.6mmol/L to 33.3mmol/L (10 – 600 mg/dL)</p> <p>Haematocrit range 0 – 70%</p> <p>Technical support https://www.diabetes.ascensia.co.uk/support Tel: 0800 170 1060 Email: diabetessupport@ascensia.com</p> <p>Other features Alternate site testing, Easy to use with tactile rubber buttons, Meal markers (fasting, pre and post meal), Second Chance Sampling, Suitable for use with renal dialysis. Provides 7, 14, 30, 90 day averages. Compliant with device standard EN ISO 15197:2015</p>	<p>Ascensia</p> <p>800 test results</p> <p>Bluetooth, USB Cable, Smart phone connectivity</p> <p>Contour® Diabetes App, GlucoContro.online, Glooko® (formerly Diasend®), Tidepool and Diabetes My Way</p> <p>High and Low warnings if the reading is outside the measurement range.</p> <p>Alarm reminders can be set for 30, 60, 90 and 120 minutes</p> <p>0.6µL</p> <p>5 Seconds</p> <p>0.6mmol/L to 33.3mmol/L (10 – 600 mg/dL)</p> <p>0 – 70%</p> <p>https://www.diabetes.ascensia.co.uk/support Tel: 0800 170 1060 Email: diabetessupport@ascensia.com</p> <p>Alternate site testing, Easy to use with tactile rubber buttons, Meal markers (fasting, pre and post meal), Second Chance Sampling, Suitable for use with renal dialysis. Provides 7, 14, 30, 90 day averages. Compliant with device standard EN ISO 15197:2015</p>	<p>Contour Plus Test Strips</p> <p>Cost: £5.95 Pack/50</p> <p>Expiry: 24 months after first opening the test strip pot</p>	<p>Microlet Next</p> <p>Cost: £2.99/100 - £5.98/200</p>


Category	Meter	Key features		Test strips	Lancets
2	On Call Extra Mobile ²⁰ Size and weight: 75mm x 40mm x 13mm, 36g (Display: 50mm x 25mm)	Manufacturer Connect 2 Pharma Memory 500 tests with date and time Connectivity Bluetooth Applications On Call® Diabetes Management Software and Glooko® (formerly Diasend®) Warnings Hypo and hyper alerts, Ketone Alerts Five daily test reminders Sample size 0.4 µL Reaction Time 4 seconds Measurement range 0.6 to 33.3 mmol/L (10 – 600 mg/dL) Haematocrit range 25 – 60% Technical support http://www.oncallmeters.co.uk/ Tel: 020 3307 4646 Email: info@oncallmeters.co.uk Other features Easy to use with a large clear screen, Meal markings, No coding, easy strip insertion, Small and convenient, Soft touch buttons, Re-apply a second drop of blood within 3 seconds Compliant with device standard EN ISO 15197:2015	Connect 2 Pharma 500 tests with date and time Bluetooth On Call® Diabetes Management Software and Glooko® (formerly Diasend®) Hypo and hyper alerts, Ketone Five daily test reminders 0.4 µL 4 seconds 0.6 to 33.3 mmol/L (10 – 600 mg/dL) 25 – 60% http://www.oncallmeters.co.uk/ Tel: 020 3307 4646 Email: info@oncallmeters.co.uk Easy to use with a large clear screen, Meal markings, No coding, easy strip insertion, Small and convenient, Soft touch buttons, Re-apply a second drop of blood within 3 seconds Compliant with device standard EN ISO 15197:2015	On Call Extra Test Strips Cost: £5.20 Pack/50 Expiry: 12 months after first opening the sealed test strip pot	On call Cost: £2.75/100





Category	Meter	Key features		Test strips	Lancets
2	GlucoRx Q¹¹ Size and weight: 93mm x 36mm x 21.3mm, 45.4g 	Manufacturer	GlucoRx	GlucoRx Q Test Strips Cost: £5.45 Pack/50 Expiry: 6 months after first opening	GlucoRx Lancets Cost: £4.50/200
		Memory	450 non-deletable memory sets with date and time		
		Connectivity	Smart phone connectivity to free 'Glucorx Voyager.' USB cable for free Windows software: 'Glucorx HealthCare Management System' & 'Glucorx Voyager.' GlucoRx meter and Voyager are integrated with (I) Apple Health app (II) 'Vision'		
		Applications	Diasend®/Glooko® and Eclipse Remote Platform (https://www.eclipselive.org)		
		Warnings	High and Low results, Temperature, Low battery		
		Alerts	Error messages for Used test strip insertion, Premature strip removal Problem in Operation, Insufficient blood volume, 4 Alarms		
		Sample size	0.7µl		
		Reaction Time	7 seconds		
		Measurement range	1.1 to 33.3mmol/L (20 – 600 mg/dL)		
		Haematocrit range	30 % - 55 %		
		Technical support	http://www.glucorx.co.uk/ Tel: 08000075892 Email: info@glucorx.co.uk		
		Other features	Alternative Site Testing, Day averages, Discreet testing, Meal markers. Compliant with device standard EN ISO 15197:2015		


Category	Meter	Key features		Test strips	Lancets
2	Finetest Lite ²¹ Size and weight: 83mm x 56mm x 17.7mm±, 43±1g 	Manufacturer	Neon Diagnostics	Finetest Lite test strips Cost: £5.95 Pack/50 Expiry: 6 months after first opening	Greenlan Lancets Cost: £3.00/100 - £6.00/200
		Memory	500 tests - Unlimited memory once connected to the Finetest™ Lite Management App10		
		Connectivity	USB Cable & Smart phone connectivity		
		Applications	Glooko Mobile App, Diasend Uploader, Finetest Lite Ap		
		Warnings	Inserting used strips, Low blood volume, Low battery, Temperature, Operation issues		
		Alerts	Hypo and Hyper Alerts, Three Meal Markers, Five programmable alarm		
		Sample size	0.5 µL		
		Reaction Time	5 seconds		
		Measurement range	1.1 to 33.3mmol/L (20 – 600 mg/dL)		
		Haematocrit range	20 – 65%		
		Technical support	http://www.neondiagnosics.co.uk/ Tel: 0800 0093378 Email: info@neondiagnosics.co.uk		
Other features	Unlimited memory, Auto Strip Ejector, Easy to use buttons, No coding needed, Programable average readings, Alternate site testing. Provides 7, 14- and 21-day averages. Compliant with device standard EN ISO 15197:2015 <i>Finetest Lite Smart, which has Bluetooth function, is available to order and can be requested from the manufacturer.</i>				


Category	Meter	Key features		Test strips	Lancets
2	<p>CareSens S Fit BT 14</p> <p>Size and weight: 95mm x 49mm x 17.5mm, 51.5g</p> 	<p>Manufacturer</p> <p>Memory</p> <p>Connectivity</p> <p>Applications</p> <p>Warnings</p> <p>Alerts</p> <p>Sample size</p> <p>Reaction Time</p> <p>Measurement range</p> <p>Haematocrit range</p> <p>Technical support</p> <p>Other features</p>	<p>Spirit Health</p> <p>1000</p> <p>Bluetooth, USB/Smartphone</p> <p>Diasend, Glooko, Smart Log</p> <p>Temperature, High & low results, Low battery, Meter fault, Bluetooth connectivity fault, Electronic error fault</p> <p>Used Test Strip, Blood or control solution applied incorrectly, High viscosity blood sample or insufficient volume, Incorrect test strip used.</p> <p>Minimum 0.5µl</p> <p>6 seconds</p> <p>1.1 to 33.3mmol/L (20 – 600 mg/dL)</p> <p>15 – 65%</p> <p>http://www.spirit-health.co.uk/diabetes/blood-glucose-meters Tel: 0800 881 5423 Email: cs@spirit-healthcare.co.uk</p> <p>Strip expiration date indicator, Pre-meal, Post-meal, Fasting, No-mark flagging. Provides 1, 7, 14, 30, 90-day test averages. Compliant with device standard EN ISO 15197:2015</p>	<p>CareSens S test strips</p> <p>Cost: £5.45 Pack/50</p> <p>Expiry: until the expiration date printed</p>	<p>Caresens</p> <p>Cost: £2.95/100</p>


Category	Meter	Key features		Test strips	Lancets
2	<p>TRUE Metrix Air ²²</p> <p>Size and weight: 87mm x 55mm x 17mm, 47g (Display: 40mm x 33mm)</p> 	<p>Manufacturer Trivida</p> <p>Memory 1000 results with time and date</p> <p>Connectivity Bluetooth & USB</p> <p>Applications Diasend Mobile, Diasend Uploader, TRUE Manager Air, TRUE Manager</p> <p>Warnings High and Low Results</p> <p>Alerts Ketone Reminder, Four testing reminder alarm</p> <p>Sample size 0.5µL</p> <p>Reaction Time 4 seconds</p> <p>Measurement range 1.1 to 33.3mmol/L (20 – 600 mg/dL)</p> <p>Haematocrit range 20 – 70%</p> <p>Technical support https://www.trividiahealth.co.uk/ Tel: 0800 689 5035 Email: customercare@trividiahealth.co.uk</p> <p>Other features Automatic Control Solution Marker, Alternate site testing, Event tagging, Soft touch casing, Strip release button. Provides 7-, 14-, 30-, 60- and 90- day averages. Compliant with device standard EN ISO 15197:2015</p>	<p>True Metrix® Test Strips</p> <p>Cost: £5.95 Pack/50</p> <p>Expiry: 4 months after first opening</p>	<p>TRUEplus Lancets</p> <p>Cost: £2.90/100</p>	

Category	Meter	Key features		Test strips	Lancets
3	On Call Extra²⁰ Size: 81 mm x 48 mm x 16 mm 	Manufacturer	Connect 2 Pharma	On Call Extra Test Strips Cost: £5.20 Pack/50 Expiry: 12 months after first opening the sealed test strip pot	On call Cost: £2.75/100
		Memory	500 tests		
		Connectivity	USB download capability		
		Applications	On Call® Diabetes Management Software		
		Warnings	Hyper and Hypo, Ketone, Temperature,		
		Alerts	Five daily test reminders, ketone alert, insufficient sample		
		Sample size	0.4 µL		
		Reaction Time	4 seconds		
		Measurement range	0.6 – 33.3 mmol/L (10 – 600mg/dL)		
		Haematocrit range	25 – 60%		
		Technical support	http://www.oncallmeters.co.uk/ Tel: 020 3307 4646 Email: info@oncallmeters.co.uk		
		Other features	Audible fill detection, Easy insert strip port, Re-dosing capability within 3 seconds, Strip ejector, Soft touch buttons, meal markers, auto shutdown. Provides 7, 14, 30, 60, and 90-day averages. Compliant with device standard EN ISO 15197:2015		
Recommended cohort	Paediatrics				

Category	Meter	Key features		Test strips	Lancets
3	<p>On Call Extra Voice 20</p> <p>Size and weight: 100mm x 61mm x 24mm, 90g Display: 39mm x 42mm</p> 	<p>Manufacturer Connect 2 Pharma</p> <p>Memory 500 tests with date and time</p> <p>Connectivity USB download capability</p> <p>Applications On Call® Diabetes Management Software, Diasend by Glooko</p> <p>Warnings Hyper, Hypo, Ketone</p> <p>Alerts Five daily test reminders</p> <p>Sample size 0.4 µL</p> <p>Reaction Time 4 seconds</p> <p>Measurement range 0.6 – 33.3 mmol/L (10 – 600mg/dL)</p> <p>Haematocrit range 25 – 60%</p> <p>Technical support http://www.oncallmeters.co.uk/ Tel: 020 3307 4646 Email: info@oncallmeters.co.uk</p> <p>Other features Audible instructions in up to 3 languages, High contrast strip, Large display with bold numbers, Re-dosing capability within 3 seconds, strip ejector, soft touch buttons, easy insert strip port, Audio Guidance, Audible fill detection Compliant with device standard EN ISO 15197:2015</p> <p>Recommended cohorts Paediatrics</p>	<p>Connect 2 Pharma</p> <p>500 tests with date and time</p> <p>USB download capability</p> <p>On Call® Diabetes Management Software, Diasend by Glooko</p> <p>Hyper, Hypo, Ketone</p> <p>Five daily test reminders</p> <p>0.4 µL</p> <p>4 seconds</p> <p>0.6 – 33.3 mmol/L (10 – 600mg/dL)</p> <p>25 – 60%</p> <p>http://www.oncallmeters.co.uk/ Tel: 020 3307 4646 Email: info@oncallmeters.co.uk</p> <p>Audible instructions in up to 3 languages, High contrast strip, Large display with bold numbers, Re-dosing capability within 3 seconds, strip ejector, soft touch buttons, easy insert strip port, Audio Guidance, Audible fill detection Compliant with device standard EN ISO 15197:2015</p> <p>Paediatrics</p>	<p>On Call Extra Test Strips</p> <p>Cost: £5.20 Pack/50</p> <p>Expiry: 12 months after first opening the sealed test strip pot</p>	<p>On call</p> <p>Cost: £2.75/100</p>

Category	Meter	Key features		Test strips	Lancets
3	<p>WaveSense JAZZ WIRELESS ²³</p> <p>Size and weight: 6.5cm x 3cm x 1cm, 18.4 g</p> 	Manufacturer	AgaMatrix	<p>WaveSense JAZZ Test Strips</p> <p>Cost: £8.74 Pack/50</p> <p>Expiry: 180 days after first opening</p>	<p>AgaMatrix Ultra-Thin Lancets</p> <p>Cost: £5.43/200</p>
Memory	1865 tests				
Connectivity	Bluetooth				
Applications	AgaMatrix diabetes manager app ALLY diabetes patient management system, GDM-Health Diasend, Glooko, Apple Health, My mHealth, Social Diabetes				
Warnings	Faulty strip, Low/dead battery, Temperature				
Alerts	High and Low results				
Sample size	0.5µL				
Reaction Time	5 seconds				
Measurement range	1.1 – 33.3 mmol/l (20 – 600 mg/dl)				
Haematocrit range	20 – 60%				
Technical support	http://www.agamatrix.co.uk/ Tel. 0800 093 1812 Email: customercare@agamatrix.co.uk				
Other features	Share your data - Send a pre-formatted email to your Healthcare Professional or a family member, Auto-detection of QC, Auto-synchronisation, Simple pairing Compliant with device standard EN ISO 15197:2015				
Recommended cohorts	Cognitive Impairment, Carbohydrate counting, Dexterity, Gestational diabetes requiring GDMHealth™ app compatibility, Group 2 Driver, Learning Difficulties, No Fixed Abode, Unable to read English, Visually Impaired				

Category	Meter	Key features		Test strips	Lancets
3	WaveSense JAZZ <small>23</small> Size and weight: 4.6cm x 8.3cm x 2.0cm, 48g 	Manufacturer	AgaMatrix	WaveSense JAZZ Test Strips	AgaMatrix Ultra-Thin Lancets
		Memory	1,865 Test Memory: store 5 tests a day for a year.		
		Connectivity	Cable		
		Applications	ALLY Diabetes Patient Management System Diasend Glooko		
		Warnings	Faulty strip, Low/dead battery, Temperature		
		Alerts	Hyper and Hypo, High and Low results, Ketone		
		Sample size	0.5µL		
		Reaction Time	5 seconds		
		Measurement range	1.1 – 33.3 mmol/l (20 – 600 mg/dl)		
		Haematocrit range	20 – 60%		
		Technical support	http://www.agamatrix.co.uk/ Tel: 0800 093 1812 Email: customer@agamatrix.co.uk		
		Other features	Auto-detection of control solution, 7 meal-time tags, Meal averages and SD, Rubber feet and grips, Pre/Post Mealtime Tagging, Positive Feedback Icon, Downloadable Results. Provides 14-, 30- and 90-day averages. Compliant with device standard EN ISO 15197:2015		
Recommended cohorts	Cognitive Impairment, Carbohydrate counting, Dexterity, Group 2 Driver, Learning Difficulties, No Fixed Abode, Unable to read English, Visually Impaired				
				Cost: £8.74 Pack/50	Cost: £5.43/200
				Expiry: 180 days after first opening	

Category	Meter	Key features		Test strips	Lancets
3	<p>Nexus Blue ¹¹</p> <p>Size and weight: 96mm x 61mm x 26mm, 67.2g</p> 	Manufacturer	GlucoRx	<p>GlucoRx Nexus Test Strips</p> <p>Cost: £8.95 Pack/50</p> <p>Expiry: 3 months after first opening</p>	<p>GlucoRx Lancets</p> <p>Cost: £4.50/200</p>
		Memory	Stores 1000 non-deletable readings (fulfils DVLA memory requirements) with Day averages		
		Connectivity	Bluetooth		
		Applications	GlucoRx Voyager App, Diasend®/Glooko® and Eclipse Remote Platform (https://www.eclipselive.org)		
		Warnings	High & Low results, Ketone warning with glucose results ≥ 15 mmol/L, Temperature, Low battery		
		Alerts	Error for used test strip insertion, Problem in Operation, Premature strip removal, Insufficient blood volume, 4 alarms		
		Sample size	0.5µl		
		Reaction Time	5 seconds		
		Measurement range	1.1 – 33.3 mmol/l (20 – 600 mg/dl)		
		Haematocrit range	20 – 60%		
		Technical support	http://www.glucorx.co.uk/ Tel: 08000075892 Email: info@glucorx.co.uk		
		Other features	Meal markers, Alternative site testing, discreet testing, No coding , Strip ejection. Provides 7, 14, 21, 28, 60 & 90 Day averages Compliant with device standard EN ISO 15197:2015		
Recommended cohorts	Cognitive Impairment, Carbohydrate counting, Dexterity, Group 2 Driver, Learning Difficulties, No Fixed Abode, Paediatrics, Unable to read English, Visually Impaired				

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