

Self-Monitoring of Blood Glucose guidelines (SMBG) in Adults

NHS
Barking and Dagenham, Havering and Redbridge
Clinical Commissioning Groups

Qty. of strips (box=50 strips)
Note: Acute Prescriptions are highlighted in yellow

Treatment	Guidance	
<p>Type 1: medication- Insulin</p>	<p>1. Advise routine self-monitoring of blood glucose levels for all adults with type 1 diabetes, and recommend testing at least 4 times a day, including before each meal and before bed.</p> <p>2. Enable additional blood glucose testing (more than 10 times a day) for adults with type 1 diabetes if this is necessary because of the person's lifestyle (for example, driving for a long period of time, undertaking high-risk activity or occupation, travel) or if the person has impaired awareness of hypoglycaemia, or when planning pregnancy, during pregnancy and while breastfeeding</p> <p>3. Advise pregnant women with type 1 diabetes to test their fasting, pre-meal, and 1hour post-meal and bedtime blood glucose levels daily during pregnancy.</p>	<p>1. Depending on lifestyle e.g. driving, intense activity, occupation etc. 3 to 6 boxes per month</p> <p>2. Pregnancy: 5 boxes per month</p>
<p>Type 2 diabetes and any of the following: as monotherapy or in combination: Diet and lifestyle, Metformin, Pioglitazone, DPP4 inhibitors, SGLT2 inhibitors, GLP-1 mimetic</p>	<p>SMBG should not routinely be offered.</p> <p>However, an agreed period of SMBG may be useful:</p> <p>4. During periods of acute illness • When changing therapy to assess effectiveness • If there is evidence of hypoglycaemic episodes • When starting treatment with oral or intravenous corticosteroids • To confirm suspected hypoglycaemia • Those undergoing significant changes in pharmacotherapy or fasting, for example, during Ramadan</p> <p>5. Advise pregnant women with type 2 diabetes or gestational diabetes to test their fasting and 1 hour post-meal blood glucose levels daily during pregnancy if they are: on diet and exercise therapy or taking oral therapy (with or without diet and exercise therapy)</p>	<p>No testing required unless 3. IF meeting the guidance as stated. Maximum 4 boxes per year</p> <p>4. Pregnancy: 3 boxes per month</p>
<p>Type 2 diabetes using: Sulfonylurea or glinides as monotherapy or in combination with any of the above</p>	<p>6. Do not routinely offer self-monitoring of blood glucose levels for adults with type 2 diabetes unless;</p> <ul style="list-style-type: none"> • As above (4) and to identify hypoglycaemia especially in the first 3 months of starting sulfonylurea • In those who experience episodes of hypoglycaemia and have reduced awareness of hypoglycaemia • The person is on oral medication that may increase their risk of hypoglycaemia while driving or operating machinery - DVLA guidance: <ul style="list-style-type: none"> • Group 1 drivers: May need to test levels depending on frequency of driving, at times relevant to driving. • Group 2 drivers: Test levels twice a day and at times relevant to driving 	<p>5. Initial 3 months: 1 box then as above, unless impaired awareness of hypoglycaemia: prescribe 1 box per month.</p> <p>6. Pregnancy: as above- 3 boxes per month (4)</p> <p>7. Driving: 1-2 boxes per month.</p>
<p>Type 2 diabetes using insulin as mono-therapy or in combination with any of the above</p>	<p>Base on individual assessment, depending on number of insulin injections and degree of hypoglycaemia awareness</p> <p>7. Advise pregnant women with type 2 diabetes or gestational diabetes who are on a multiple daily insulin injection regimen to test their fasting, pre-meal, 1 hour post-meal and bedtime blood glucose levels daily during pregnancy. • Advise pregnant women with type 2 diabetes or gestational diabetes to test their fasting and 1 hour post-meal blood glucose levels daily during pregnancy if they are: On single dose: intermediate-acting or long-acting insulin.</p> <p>8. DVLA guidance: Group 1: Test levels no more than 2 hours before driving and every 2 hours whilst driving Group 2: Test levels twice a day and at times relevant to driving (no more than 2 hours before driving and every 2 hours whilst driving).</p>	<p>8. Avg. 4 tests/day: 3 boxes per month</p> <p>9. Pregnancy: 3 boxes per month and up to 5 boxes per month for multiple inj.</p> <p>10. Driving- Group 1: 2-3 boxes per month, Group 2: 3 boxes per month (5 tests per day)</p>

References: 1. Type 2 diabetes in adults: management, NICE guidelines [NG28], 2. Diabetes in pregnancy: management from preconception to the postnatal period, NICE guidelines [NG3], 3. DVLA: Assessing fitness to drive, 4. Type 1 diabetes in adults: diagnosis and management, NICE guidelines [NG17]; 5. SIGN Guidance 116, Management of diabetes; 6. TREND-UK-Blood Glucose Consensus Guidelines May 2014,

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