Hertfordshire and West Essex (HWE) ICB Area Prescribing Committee (APC) recommendations for blood glucose and ketone meters, testing strips and lancets in adults

Guidance based on national recommendations has been developed for use across HWE ICB, for adults with type 1, type 2, and gestational diabetes self-monitoring device selection. This guideline is not aimed at paediatric patients with diabetes.

Table 1 showing the different categories and patient cohorts with the recommendations for the type of meter.

Category	Patient cohort	Meter
1a	Type 1 diabetes or ketosis prone type 2 diabetes that do not require additional functionality	Meters and strips which are suitable for the majority of people that also require a ketone testing meter.
1b	Type 1 diabetes or ketosis prone type 2 diabetes. (With additional functionality*)	As above with additional functionality.
2	Type 2 diabetes	Meters and strips which are suitable for the majority of people with type 2 diabetes
3a	Type 2 diabetes (with additional functionality*)	Meters and strips which are suitable for people with Type 2 diabetes that require additional functionality.
3b	Type 2 diabetes (with additional functionality*)	People with gestational diabetes
4	Type 1 and type 2 diabetes.	Lancets which are suitable for the majority of people, and which are suitable for people that require additional functionality.

*Additional functionality includes features such as; on-board carbohydrate counting calculator, large display for visual impairment, and extra memory for group 2 drivers etc.

This guidance will include **HWE APC recommended preferred options** for the various patient cohorts. To see the full recommended list and further information on meters refer to NHSE commissioning recommendations. Prices quoted in this document are based on Drug Tariff prices as of 1st September 2025. All of the meters listed in the table are in preferrential order, primarily arranged by ascending price.

Please refer to the 'Guideline for the prescribing of ketone test strips' for information on the groups of patients that require ketone monitoring, prescribing ketone test strips, interpreting ketone test results and sick day rules.

Category 1: Blood glucose and ketone monitoring for patients with type 1 diabetes or ketosis prone type 2 diabetes.

The NHSE commissioning recommendations have included specifications for dual meters for patients with type 1 diabetes or ketosis prone type 2 diabetes, (i.e. for patients in category 1a and 1b). A new first line option has been added, Neon GK+, as per NHSE guidance. This meter is the best value option and is suitable for both groups of patients, those who require additional functionality and those who do not.
The NHSE commissioning recommendations have included GlucoRx KEYA SMART which tests a patient's blood glucose and ketones at each test. There is no place for testing both ketones and glucose on each occasion and therefore in HWE GlucoRx KEYA SMART is non-formulary.

Review and switching of meters for patients within this group (1a and 1b) is to be undertaken at the next review by community diabetes specialist service, specialists within hospital or primary care clinicians with special interest and relevant training on diabetes.

Table 2. Group 1a, specifications for dual meters for use in type 1 diabetes and type 2 ketosis prone diabetes that do not require additional functionality.

Patient cohort and category	Meter	Glucose test strips and cost	Ketone test strip and cost
Group 1a- Type 1 diabetes or ketosis prone type 2 diabetes that do not require additional functionality.	Neon diagnostics- Neon GK+	Neon GK+ test strips £5.39 for 1x50	Neon GK+ Ketone test strips £7.95 for 1x10
	A.Menarini- GlucoFix Tech GK	Glucofix tech strips £5.95 for 1x50	Glucofix tech strips £9.95 for 1x10
	Nipro diagnostics- 4SURE Smart duo	4SURE strips £7.99 for 1x50	4SURE β-ketone £9.92 for 1x10
	GlucoRx HCT	GlucoRx HCT strips £8.95 for 1 x50	GlucoRx HCT strips £9.95 for 1 x10
	Spirit health- CareSens Dual	CareSens Pro test strips £9.95 for 1x50	CareSens Pro test strips £9.95 for 1x10

Table 3. Group 1b, specifications for dual meters for use in type 1 diabetes and type 2 ketosis prone diabetes (with information for meters with additional functionality)

Patient cohort and category	Meter	Glucose test strips and cost	Ketone test strip and cost	Carb counting	Cognitive or learning impairment	Dexterity issues	Group2 drivers	No fixed abode	Unable to read English	Visually impaired
Group 1b. Type 1 diabetes or ketosis prone type 2 diabetes with additional functionality	Neon diagnostics- Neon GK+	Neon GK+ test strips £5.39 for 1x50	Neon GK+ Ketone test strips £7.95 for 1x10	✓	✓	✓	✓	✓	✓	✓
	A.Menarini- GlucoFix Tech GK	Glucofix tech strips £5.95 for 1x50	Glucofix tech strips £9.95 for 1x10	✓	✓	✓	✓	✓	✓	✓
	Spirit Health- CareSens Dual	CareSens PRO test strips	CareSens KetoSens £9.95 for 1x10	✓	✓	✓	✓	✓	✓	✓

		£9.95 for 1x50								

Insulin pump patients

Where patients are on an insulin pump, they can upon recommendation of the specialists use the following strips:

- Freestyle Lite test strips (£16.41 for 50) with the Omnipod pump
- Contour Next test strips (£16.21 for 50) with the Medtronic pump
- Accuchek guide test strips (£16.21for 50) with the Medtronic pump

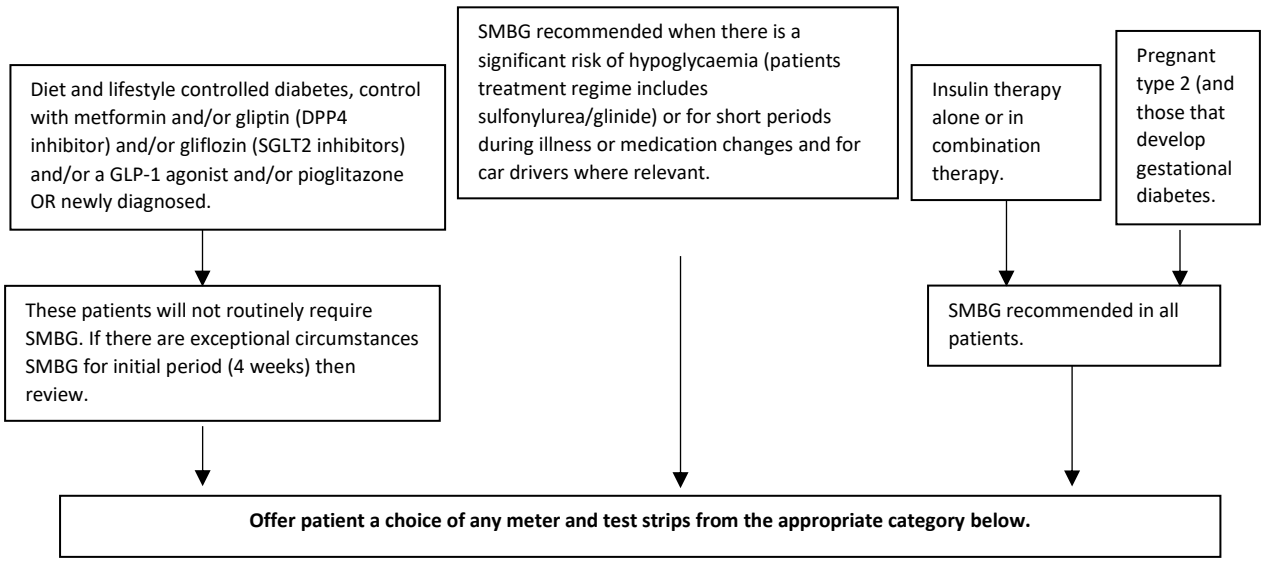
These test strips are only reserved for patients who require them to be used with the insulin pump.

Patients on continuous glucose monitoring (CGM) devices

When a patient is commenced on continuous glucose monitoring (CGM), the specialists should review the blood glucose meter and strip choice and change to the products listed in the guidance. These patients will still require the use of blood glucose test strips, but less often so the quantities should reduce. Specialists should advise primary care clinicians of the change in quantity of blood glucose strips and primary care should amend the repeat prescriptions (reduction in number of strips). Patients using a CGM are expected to be provided with 50 blood glucose test strips per month (one box per month), subject to the clinical prescriber's discretion.

Category 2: Meters and strips which are suitable for the majority of people with Type 2 diabetes (no ketone monitoring and without additional functionality).

The following algorithm should be used to support clinicians when considering the need for Self-Monitoring of Blood Glucose (SMBG) in Type 2 diabetes.



The following products are recommended as suitable for the majority of patients with type2 diabetes, that do not require to measure their ketone levels and do not require additional functionality. **Review and switching of meters for patients within this category is to be undertaken by primary care.**

Table 4. Group 2, meter and strips which are suitable for the majority of people with Type 2 diabetes (no ketone monitoring and without additional functionality)

Patient cohort and category	Meter	Glucose test strips and cost
Group 2- Type 2 diabetes no ketone monitoring and without additional functionality.	Trivida- TRUE Metrix Air	TRUE Metrix test strips £4.95 for 1x50
	Neon diagnostics- Finetest lite	Finetest lite test strips £5.15 for 1x50
	Neon diagnostics- Finetest lite Smart	Finetest lite test strips £5.15 for 1x50
	Neon diagnostics- Neon GK+	Neon GK+ test strips £5.39 for 1x50
	Connect 2 pharma-On Call Extra Mobile	On Call extra test £5.20 for 1x50
	AgaMatrix- agile	Agamatrix agile test strips £5.43 for 1x50
	Spirit health- CareSens S Fit	CareSens S Fit test strips £5.45 for 1x50
	GlucoRx- GlucoRx Q	GlucoRx Q test strips £5.45 for 1x50
	A.Menari diagnostics GlucoFix Tech GK	GlucoFix Tech GK strips £5.95 for 1x50
	Ascensia- Contour plus blue	Contour plus test strips £5.95 for 1x50
	Roche- Accu-Chek Instant meter	Accu-Chek Instant test strips £5.95 for 1x50 (additional option- meets local criteria <£6 for 1x50)

Clinicians may use other meters for this category of patients with blood glucose test strips costing <£6 for 50.

Category 3a: Meters and strips which are suitable for the majority of people with Type 2 diabetes (no ketone monitoring required and with additional functionality).
Review and switching of meters for patients within this group is to be undertaken at the next review by community diabetes specialist service, specialists within hospital or primary care clinicians with special interest and relevant training on diabetes.

Table 5. Showing meter choice for patients with type 2 diabetes and glucose monitoring only and with additional functionality.

Patient cohort and category	Meter	Glucose test strips and cost	Carb counting	Cognitive or learning impairment	Dexterity	Group2 drivers	No fixed abode	Unable to read English	Visually impaired
Group 3a- Type 2 diabetes with additional functionality.	**Neon diagnostics- Neon GK+**	**Neon GK+ test strips £5.39 for 1x50**		✓	✓	✓	✓	✓	✓
	Agamatrix- agile	Agamatrix agile test strips £5.43 for 1x50		✓	✓	✓	✓	✓	✓
	A.Menarini- GlucoFix Tech GK	Glucofix tech glucose strips £5.95 for 1x50	✓	✓	✓	✓	✓	✓	✓

Category 3b: Meters and strips which are suitable for people with gestational diabetes (Type 2)

Review and switching of meters for patients within this group is to be undertaken by the antenatal clinic.

Table 6. Meter choice for people with gestational diabetes (Type 2) and require additional functionality

Patient cohort and category	Meter	Glucose test strips and cost	Carb counting	Cognitive or learning impairment	Dexterity issues	Group2 drivers	No fixed abode	Unable to read English	Visual issues	Gestational (with GDm-Health™ app)
Group 3b-Type 2 gestational diabetes with additional functionality.	Agamatrix-WaveSense JAZZ Wireless	Wavesense Jazz test strips £8.74 for 1x50*	✓	✓	✓	✓	✓	✓	✓	✓

Sharps guidance

Ensure patients are educated on the safe disposing of needles via a sharps bin. Sharp bins and needle clipping devices can be prescribed on FP10 prescriptions.

Arrangements for disposing of full sharps bins vary from area to area. The information can be obtained from the following government link to council's websites, or by phoning the local council using the telephone number below. Some councils may exempt patients with diabetes, but some can charge for this service.

Council	Telephone number		Council	Telephone number
Broxbourne	01992 785555		St Albans	01727 866100
Dacorum	01442 228000		Stevenage	01438 242242
East Herts	01279 655261		Three Rivers	01923 776611
Epping Forest	01992 564000		Uttlesford	01799 510510
Harlow	01279 446655		Watford	01923 226400
Hertsmere	020 8207 2277		Welwyn Hatfield	01707 357000
North Hertfordshire	01462 474 000			

Lancets

Patients needing to self-monitor blood glucose (where appropriate) will also need to be prescribed lancets to use with a finger pricking device to enable them to draw blood samples to test. Ensure that quantities on prescription are appropriate and in line with frequency of testing (i.e. should match quantities and frequency of ordering of blood glucose test strips).

Lancets come in different sizes and thicknesses (or gauges (G)). A higher-gauge lancet is thinner so is normally less painful, but it might not always give enough blood for a test sample. Lower-gauge lancets are required for people who don't produce enough blood for an adequate sample with a higher-gauge product, e.g. patients with extremely thick skin or calloused hands. The 30G lancets are suitable for most patients.

Finger pricking devices are not prescribable as they are not listed as appliances under Part IXA of the Drug Tariff but are supplied with the blood glucose monitoring meter. Compatible lancets according to the finger pricking device should be prescribed.

The recommendations includes a range of lancets for patients with type 1 and type 2 diabetes, including people who require additional functionality. HWE ICB have reviewed the recommended products to include all lancets for **formulary inclusion which cost less than £3 per 100 lancets.**

Multi-device lancets, which contain a pre-loaded drum, can be used for patients with specific clinical needs e.g. those with dexterity problems, needle phobia or visual impairment. Currently the most cost effective is Fastclix drum.

Table 7. HWE formulary recommendations for lancets for type 1 and type 2 diabetes.

Supplier	Lancet name	Size	Lancing device provided	Lancet (£)/pack size	Cost of lancet per 100 (£)
Neon diagnostics	Greenfine lancet	0.36mm/28G	Yes	£1.75/100	£1.75
Apollo Medical technologies	Apollo twist lancets	0.36mm/28G & 0.3mm/30G	No	£3.80/200	£1.90
Mediq Healthcare UK	Klinion soft fine lancet	0.36mm/28G & 0.31mm/30G	No	£4.02/110	£1.95
Mediq Healthcare UK	Klinion soft fine lancet	0.36mm/28G & 0.31mm/30G	No	£2.21/110	£2.00
GlucoRx	GlucoRx lancets	0.31mm/30G	Yes	£4.50/200	£2.25
Kinetik medical devices	Kinetik wellbeing lancets	0.28mm/30G	Yes	£5.25/200	£2.63
AgaMatrix	ALLY lancet	0.31mm/30G	Yes	£2.69/100	£2.69
AgaMatrix	AgaMatrix Comfort twist lancet	0.32mm/30G	Yes	£2.69/100	£2.69
AgaMatrix	AgaMatrix Ultra-Thin[1]	0.2mm/33G & 0.35mm/28G	Yes	£5.43/200	£2.71
A.Menarini diagnostics	Glucoject lancets Plus	0.22mm/33G	Yes	£5.50/200[2]	£2.75
A.Menarini diagnostics	Glucoject lancets Extra	0.22mm/33G	Yes	£5.50/200[2]	£2.75
Connect 2 Pharma	On Call	0.3mm/30G & 0.46mm/26G	Yes	£2.75/100	£2.75
Palmdoc	Palmdoc lancets	0.38mm/30G	Yes	£2.85/100	£2.85
Roche[3]	Accu chek Fastclix lancets	0.3mm/30G	Yes	£5.90/204	£2.89
Nipro Diagnostics	4Sure lancets	0.32mm/30G & 0.195mm/33G	Yes	£2.90/100	£2.90
Trividia Health	TRUEplus lancets	0.36mm/28G, 0.32mm/30G, 0.195mm/33G	Yes	£2.90/100	£2.90
Spirit Health	CareSens	0.36mm/28G & 0.31mm/30G	Yes	£2.95/100	£2.95
Ascensia	Microlet	0.5mm/28G	Yes	£2.99/100	£2.99
Ascensia	Microlet	0.5mm/28G	Yes	£5.98/200	£2.99
Kinetik medical devices	Kinetik wellbeing lancets	0.28mm/30G	Yes	£3.00/200	£3.00
Neon Diagnostics	Greenlan	0.35mm/28G	Yes	£3.00/100	£3.00

1-These lancets can be capped by patients for safety until they have access to a sharps bin.
2-Prescribe Glucojet plus in a pack of 200. As the pack of 100 falls outside of the recommended price range within HWE ICB.
3- Only compatible with the Accu-Chek FastClix lancing devices

Safety Lancets

Safety lancets are designed so that the sharp retracts after use. These are primarily for the benefit of healthcare workers to avoid needle stick injury, not to be used by patients self-monitoring blood glucose, therefore they should not routinely be prescribed by GPs on FP10s.

- Safety lancets should NOT be prescribed on FP10 for use by healthcare professionals and employees; it is the healthcare employer's responsibility to provide them.
- Safety lancets may be prescribed for use by a patient's carer or family member who is not an employee of a health or social care organisation and support the patient to undertake blood glucose testing.

Table 8: HWE formulary recommendations (in line with NHSE) for safety lancets for type 1 and type 2 diabetes.

Supplier	Lancet name	Size	Lancet (£)	Pack size
Apollo Medical Technologies	Apollo BV Safety lancets	1.8mm/26G & 1.8mm/28G & 1.8mm/30G	£2.75	100
GlucoRx	GlucoRx Lite Safety lancets	1.8mm/30G & 1.8mm/28G & 1.8mm/23G & 2.4mm/21G	£2.75	100
Neon diagnostics	Neon Verifine safety	1.8mm/23G & 1.8mm/28G & 1.8mm/30G & 2.4mm/21G	£2.99	100
Apollo Medical Technologies	Apollo pressure activated safety lancets	1.8mm/26G & 1.8mm/28G	£4.50	100
Cambridge sensors	Microdot HiFlow safety lancets	2.2mm/21G	£9.50	200
Cambridge sensors	Microdot lite safety lancet	1.8mm/28G &	£9.50	200
Cambridge sensors	Microdot professional safety lancets	2.2mm/23G	£9.50	200
Apollo Medical Technologies	Apollo Tri-plus safety lancets	1.3mm/1.8mm/2.3mm/23G	£9.95	200
Apollo Medical Technologies	Apollo Tri-plus safety lancets	1.3mm/1.8mm/2.3mm/28G	£9.95	200
GlucoRx	GlucoRx Safety	1.6mm/30G & 1.8mm/28G & 1.8mm/26G & 2.2mm/23G	£5.50	100

Standards

As a minimum, all recommended devices are complaint with the ISO Standard ISO 15197:2015, measure in mmol/l and provide plasma-calibrated meter readings only. No calibration or coding of meters is required, and they have a shelf-life ≥3years.

Existing people with diabetes

Where people with diabetes are already using blood glucose or ketone meters that are not on the recommended list of products. These people should be offered an alternative meter at the earliest opportunity following a discussion with their healthcare professional.

Supply of meters

Any patient newly diagnosed with diabetes should be assessed by a healthcare professional and supplied a suitable meter if self-monitoring of blood glucose is required. Training on the correct use, storage and interpretation of readings should be provided.
Note: 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. See table below for full list of manufacturers and contact details.

Training and technical Support
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.

Supplier Contact details

Supplier	Contact details
A. Menarini Diagnostics	Sam Maylott National ICS & HB Manager email: smaylott@menarinidiag.com Mobile: 07775585618 Customer service: 0800 243667 https://www.glucomen.co.uk/training-presentations/
AgaMatrix	Rory O'Dolan Mobile – 07557045572 E-mail: rodolan@agamatrix.com Freephone: 0800 093 1812
Ascensia	Kirsty Oliver - UK Head of Sales Mobile: 07950 128752 E-mail: kirsty.oliver@ascensia.com
Connect 2 Pharma	Nick Robinson Switchboard: 020 3307 4646 Mobile: 07968446969 Email: nick.robinson@connect2pharma.co.uk
GlucoRx	Priya Thakur Email: Priya@glucorx.co.uk Tel: 01483 755133
Neon Diagnostics	Alan Wheeler National sales manager Email: alan@neondiagnostics.co.uk Mobile: 07860 265642 Office: 0800 009 3378
Nipro Diagnostics	Matthew Thornton Sales and Marketing manager Email: Mathhew.Thornton@nipro-group.com Email: Diagnostics-uk@nipro-group.com Freephone 0800 0858808 Mobile: 07825 371485 https://www.nipro-diagnostics.co.uk/demonstration-videos
Roche	Josephine smith Key Account Manager Mobile: 07885 473013 Email: Josephine.smith.js2@roche.com https://diabetes.roche.com/hcp-gb/
Spirit	Claire Leek

	Senior marketing manager Tel: 0116 286 5000 Tel: 0800 8815423 Email: cs@spirit-healthcare.co.uk Email: clare.leek@spirit-health.co.uk
Trividia	Steve Llewelyn International Diabetes Care Manager Mobile: 07810 084661 Email: sllewelyn@trividiahealth.co.uk

References

1. NHSE on commissioning recommendations following the national assessment of blood glucose and ketone meters, testing strips and lancets, June 2025.
2. NICE NG17 Type 1 diabetes in adults: diagnosis and management
3. NICE NG28 Type 2 diabetes in adults: management
4. Health and Safety (Sharp Instruments in Healthcare) Regulations 2013. Guidance for employers and employees. http://www.hse.gov.uk/pubns/hsis7.pdf
5. Drug Tariff September 2025.

Version	1.0 Agreement of guidance at HWE APC (November 2023). 1.1 Update includes implementation plan as agreed with specialists and GP prescribing leads.
Approved by	Hertfordshire & West Essex Area Prescribing Committee Medicines Optimisation Delivery and Implementation Group
Date approved / updated	December 2023 Updated October 2025
Developed by	Pharmacy and Medicines Optimisation Team Hertfordshire and West Essex (HWE) ICB with relevant HWE ICS stakeholders.
Review Date	This HWE APC recommendation is based upon the evidence available at the time of publication. This recommendation will be reviewed upon request in the light of new evidence becoming available
Superseded version	1) Herts Valley and East North Hertfordshire clinical commissioning groups- Blood glucose monitoring systems joint statement between primary, community and secondary care 2) West Essex clinical commissioning groups West Essex Blood Glucose & Ketone Meter Guidance (Including lancets, insulin pen needles and disposal of sharps