

| Diabetes Type | Treatment Group | Recommended frequency of testing when stable | Approximate number of test strips needed on prescription (1 box contains 50 strips) | Additional Information |
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| Type 1 Diabetes | All people with type 1 diabetes | At least 4 times a day, including before each meal and before bed | 3-6 boxes/month | Greater risk of hypoglycaemia and hyperglycaemia. More frequent testing indicated in certain circumstances e.g. patients on insulin pump therapy. May need to test for ketones |
| Type 1 and type 2 diabetes in pregnant women | Insulin therapy, oral antidiabetic agents or diet controlled | Between 4 to 6 times a day | 3-4 boxes/month | Under specialist advice. May need to test for ketones |
| Type 2 Diabetes | Multi-injection insulin therapy (more than 2 times per day) | Up to 4 times a day | 2-3 boxes/month | |
| Type 2 Diabetes | Insulin therapy injected once or twice daily | Usually twice daily 2 to 3 times a week at varying times | 1 box/2 months (6 boxes per year) | |
| Type 2 Diabetes | Combined insulin therapy and oral antidiabetic drugs | Usually once daily, varying the times of day of testing | 1 box/2 months (6 boxes per year) | |
| Type 2 Diabetes | Sulfonylurea alone or in combination with other oral agents or with injectable GLP-1 analogues. Rapid acting insulin secretagogues (glinide) | May require monitoring due to increased risk of hypoglycaemia (most patients will not need to test) e.g. once daily 3 times a week at varying times | 1 box every 2-4 months if stable (3-6 boxes per year) | May need to test regularly when suffering from intercurrent illness or unstable condition, and when driving as detailed in the DVLA requirements (see below) |
| Type 2 Diabetes | Diet controlled, metformin, pioglitazone, DPP-4i (gliptins), SGLT2i (gliflozins) or GLP-1 analogues used as monotherapy or in combination (once stable) | Not routinely recommended - patient is not at risk of hypoglycaemia | None | HbA1c is the outcome measure. Testing is appropriate in certain circumstances where need and purpose is clear and agreed with patient. This should be supported by education |

| DVLA requirements for SMBG (www.gov.uk) | Group 1 Entitlement - car, motorcycle | Group 2 Entitlement – LGV/PCV (lorry/bus) (updated Nov 2014) |
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| Insulin treated patients | Test no more than 2 hours before the start of the first journey and every 2 hours while driving | Regularly test at least twice daily and at times relevant to driving (no more than 2 hours before the start of the first journey and every 2 hours while driving) |
| Oral agents with a risk of inducing hypoglycaemia (sulfonylureas e.g. gliclazide and glinides e.g. repaglinide) | May be appropriate to test at times relevant to driving to enable the detection of hypoglycaemia | Test at least twice daily and at times relevant to driving |