



Guide to quantity of blood glucose testing strips, lancets and needles to supply for different frequencies of injecting antidiabetic medication and blood glucose testing

NB there may be times when frequency of testing is increased e.g. illness

Additional quantities may be required to meet DVLA requirements for patients requiring sulphonylureas and/or insulin

| Blood glucose testing strips | | | | | | |
|--------------------------------|----------------------------|--|-------------------|----------------------------|-----------------------|-------------------------------|
| Frequency of testing | Number of tests in 28 days | Number of packs (50 strips) per script | Script Duration * | Number of scripts per year | Duration of 50 strips | Number of packs (50) per year |
| Diet/metformin alone | 0 | 0 | 0 | 0 | 0 | 0 |
| 4 times a day once a fortnight | 8 | 1 | 6 months | 2 | 25 weeks | 2 |
| 4 times a day once a week | 16 | 1 | 3 months | 4 | 12.5 weeks | 4 |
| 4 times a day twice a week | 32 | 1 | 6 weeks | 8 | 44 days | 8 |
| 4 - 6 times a day every day | 112 - 168 | 3 - 4 | 5 - 6 weeks | 8 - 9 | 8 - 2.5 days | 29 - 44 |
| 6 - 10 times a day every day | 168 - 280 | 4 - 6 | 30 - 33 days | 12 | 5 - 8 days | 44 - 73 |

*some test strips have an expiry date of less than 6 months after opening, so preferable to use strips with expiry date of at least 6 months for infrequent use

| Lancets | | | | | | |
|--------------------------------|----------------------------|---------------------|-----------------|----------------------------|-------------------------|--------------------------------|
| Frequency of testing | Number of tests in 28 days | Quantity per script | Script Duration | Number of scripts per year | Duration of 100 lancets | Number of packs (100) per year |
| Diet/metformin alone | 0 | 0 | 0 | 0 | | 0 |
| 4 times a day once a fortnight | 8 | 100 | 1 year | 1 | 50 weeks | 1 |
| 4 times a day once a week | 16 | 100 | 6 months | 2 | 25 weeks | 2 |
| 4 times a day twice a week | 32 | 100 | 3 months | 4 | 12.5 weeks | 4 |
| 4 - 6 times a day every day | 112 - 168 | 100 - 200 | 1 month | 11 - 14 | 17 - 25 days | 14 - 22 |
| 6 - 10 times a day every day | 168 - 280 | 200 - 300 | 1 month | 11 - 12 | 10 - 17 days | 22 - 36 |

| Needles | | | | | |
|---------------------|---------------------|-----------------|-------------------------|----------------------------|--------------------------------|
| Injection frequency | Quantity per script | Script Duration | Duration of 100 needles | Number of scripts per year | Number of packs (100) per year |
| Once a week | 100 | 2 years | 100 weeks | Alternate years | 1 (alternate years) |
| Once a day | 100 | 3 months | 100 days | 4 | 4 |
| Twice a day | 100 | 1 - 2 months | 50 days | 8 | 8 |
| Three times a day | 100 | 1 month | 33 days | 11 | 11 |
| Four times a day | 100 | 1 month | 25 days | 15 | 15 |
| Six times a day | 200 | 1 month | 16 days | 11 | 22 |

- When testing strips, lancets and needles are required infrequently, consider the use of acute scripts to avoid inadvertent over ordering
- Review the frequency of testing and quantities of testing strips supplied at each diabetic medication review