What are the benefits of this change?

You may not need to finger prick test at all or less often.

You will be less likely to get sore fingers.

Studies have shown that people who do not use insulin, but do blood glucose testing, may have no better control but are more anxious.

Money saved by reducing unnecessary testing could be used to provide many other treatments that people with diabetes are likely to need.

Useful contacts:
Diabetes UK Northern and Yorkshire
01325 488606

Further information:
Please contact your usual GP or the pharmacist based at your GP surgery (ask the surgery for availability).

For further information specifically relating to this information leaflet please contact the Medicines Management Team
NHS South of Tyne and Wear
Clarendon
Windmill Way
Hebburn
Tyne and Wear
Tel: 0191 283 1348
Fax: 0191 283 1388

NHS South of Tyne and Wear (serving Gateshead Primary Care Trust, South Tyneside Primary Care Trust and Sunderland Teaching Primary Care Trust) is committed to raising the standard of written information for patients, their carers, people who use the NHS and the general public.

This information can be made available in another format or language on request. Please contact the Communications and PR Team Tel: 0191 529 7118 Email: mopil@sotw.nhs.uk

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Blood Glucose Monitoring for patients not using insulin

Do I really need to do all those finger prick tests if I’m not on insulin?

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Diabetes UK Northern and Yorkshire
01325 488606

Further information:
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What is changing about blood glucose monitoring?

Recent research shows that finger prick blood testing may make things worse rather than better in people with diabetes who do not use insulin.

Therefore, because of this doctors and nurses in South of Tyne and Wear are reviewing the use of these blood glucose testing strips.

Your doctor or nurse will advise you whether you need to blood test at all and if you do, how often you should do it.

The best way to monitor blood glucose?

When you have a diabetes check up, we take a blood sample for a HbA1c test. This is a way of measuring blood glucose control over the last two to three months.

The HbA1c test shows how well your diabetes is being controlled, and for many people who do not use insulin, this is all that is needed.

Your doctor will usually test HbA1c:-

• twice a year if your blood glucose is steady or

• up to four times a year if it is not steady, or if your treatment is being changed

Remember that testing will not improve control - it’s what you do with the results that counts!

Will I ever be asked to test my blood glucose?

Your doctor or nurse will be able to advise you if you need to test your blood glucose and when, what action to take if it is too high or too low and if there are other times when you may need to test, such as:-

• If you are ill

• If you have recently started exercising

• If you have just had your tablets changed

• if your tablets cause your sugar levels to be too low

• If you have been started on new diabetes medicines which need to be monitored

It is best to talk to your GP or nurse about these other times BEFORE they happen.

Do not buy a meter without talking with your diabetes nurse first.