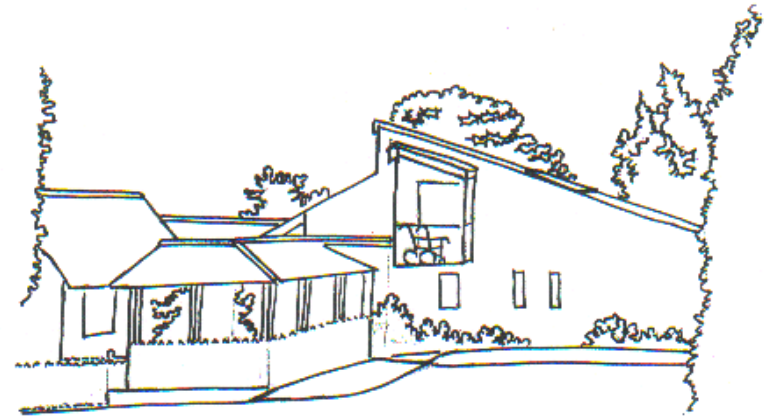


"MORE MONEY IS SPENT
ON TESTING STICKS
THAN ON ALL
DIABETIC MEDICATION
PUT TOGETHER."

INFORMATION FOR PATIENTS
DIABETES
LAUREL BANK SURGERY
MALPAS, CHESHIRE SY14 8PS



Glucometers



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What is a Glucometer?

A Glucometer is a small machine made for individual use by Diabetics, to test blood glucose levels. There are MANY types on the market but "Western Cheshire PCT" have advised us to use only 3 types.

These are:

- Ascensia Contour
- Accu-check Avira
- One touch ultra 2

This is to make it easier for GPs to prescribe and Chemists to dispense and not clutter their shelves with many little used items.

We are able to get the machines free of charge from drug companies.

You can buy the strips from the chemist at a cost of about £24 for a box of 50.

These strips are prescribable only to Diabetics on Insulin or Sulphonylurea tablets.



Checking Your Glucose Levels

The Nurses will show how to use your Glucometer. You will be advised about the level of glucose in your blood and what to do if it is outside the acceptable range.

The Glucometer will come with a control solution which should be checked according to the instructions.

It is recommended by the Diabetic Association that you check your blood glucose at these times.

1. If you are controlled by diet and exercise or Metformin and Glitazones you do not need to test it yourself. The Nurses will perform an HBA1C blood test at 3-6 month intervals.
2. If you take Sulphonylureas you should test 3 times a week at different times of day
3. If your diabetes is controlled by insulin your should test twice a day unless the Doctor or Nurse tells you otherwise.
4. If your diabetes is uncontrolled your Doctor or Nurse will advise you when and how often to do it.