

Effective testing: managing diabetes

Testing your blood

Blood glucose testing for patients on Metformin, Pioglitazone, Linagliptin, Saxagliptin, Sitagliptin, Vildagliptin, Dapagliflozin, Canagliflozin, Exenatide, Liraglutide, Lixisenatide



If your treatment includes any of the following medicines

- Sulphonylureas (gliclazide, glimepiride, glibenclamide, tolbutamide or chlorpropamide)
- Prandial Glucose Regulators (repaglinide or nateglinide)
- Insulin

This advice does not apply to you. Please ask your nurse or doctor for the right leaflet.

Do I need to test?

You do not usually need to test your blood regularly if your diabetes is treated by diet and exercise or any of these medicines:

- Metformin
- Pioglitazone
- Linagliptin (Trajenta®)
- Saxagliptin (Onglyza®)
- Sitagliptin (Januvia®)
- Vildagliptin (Galvus®)
- Dapagliflozin (Forxiga®)
- Canagliflozin (Invokana®)
- Exenatide (Byetta®, Bydureon®)
- Liraglutide (Victoza®)
- Lixisenatide (Lyxumia®)

Your doctor or nurse might ask you to test your blood for a limited period in the following situations:

- If your diabetes is newly diagnosed the information obtained from blood testing can help you make lifestyle and dietary choices.
- Following a change in your treatment to assess how effective the change has been.
- During periods of illness or preparing for surgery.
- During pregnancy or if you are preparing for a pregnancy.



Which blood glucose meter should I use?

Your doctor or nurse will help you to understand blood glucose testing and give you a suitable meter. There is no need to buy a meter from a pharmacy.

How do I get my test strips?

If you are asked to test your blood your doctor will prescribe the correct amount of strips you will need for the testing period.

Test strips

If you have enough strips to test your blood, you do not need to order the following month.

Always note the date you first open a pot of strips. Check the packaging to see how long after this date you can keep using the strips (usually 3-6 months). Do not use any strips after this period of time as you will not get an accurate result. Always replace the cap on the pot immediately after use and follow the manufacturer's storage instructions.





Central London Clinical Commissioning Group
West London Clinical Commissioning Group
Hammersmith & Fulham Clinical Commissioning Group
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