

Meds & Kit

Our guide to the diabetes meters, Flash, CGMs, medications, insulins, pens and pumps available in the UK

2020

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Insulet

Welcome to Meds & Kit 2020

There are many treatments and devices to help manage diabetes. So, we've put together this guide to help you know what's what. Whether you're newly diagnosed, have had diabetes for years or are a healthcare professional, we hope you find it useful.

This guide includes information on the main diabetes technologies and treatments that are currently available in the UK.

Diabetes technology can vastly improve how people with diabetes manage their condition. But, it's important to be aware that technology isn't a quick fix and there's a lot of data involved. People with diabetes should speak to their diabetes team for individual advice that's right for them.

Read more about diabetes technology, what to consider and how people with diabetes feel about it at www.diabetes.org.uk/med-tech

Contact us

If you'd like to contact us with questions, feedback or improvements, write to us at Diabetes UK, Wells Lawrence House, 126 Back Church Lane, London E1 1FH.

Or, you can call our confidential helpline which is staffed by a team of highly trained advisors with counselling skills, who have an extensive knowledge of diabetes. You can call the helpline on **0345 123 2399** or email helpline@diabetes.org.uk

In Scotland, call **0141 212 8710** or email helpline.scotland@diabetes.org.uk

Editor's note

Manufacturers provide the product information listed in this guide, and we've made every effort to make sure it is accurate. These listings are for information only, and we can't recommend or endorse any specific products for diabetes care. Please talk to your diabetes team about the treatments and equipment that are available for you.

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Advertisements

Products and services advertised in this guide aren't necessarily recommended by Diabetes UK. Although the utmost care is taken to make sure products and services advertised are accurately represented, it's only possible to thoroughly check specialist diabetes equipment. Please use your own discretion about whether or not an item or service advertised is likely to help you and, where appropriate, take professional advice from your medical advisor. Paid adverts don't necessarily represent the views of Diabetes UK. Complaints regarding advertised services or products should be addressed to: Content Team, Diabetes UK, Wells Lawrence House, 126 Back Church Lane, London E1 1FH.

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Meds & Kit explained

With so many different types of diabetes treatment and technology, our guide introduces the basics...

Checking blood sugar levels

People with diabetes taking insulin and certain types of medication, like sulphonylureas, will need to check their blood glucose – also called blood sugar levels – regularly. This will help them to recognise if they start to go too low (hypo) or too high (hyper).

Keeping on top of blood sugar levels helps prevent serious diabetes complications. It can also help people with diabetes and healthcare teams to spot patterns, so keeping track of results is really helpful.

People can check their levels using a blood glucose meter, a continuous glucose monitor (CGM) or a flash glucose monitor – we call it Flash, for short.

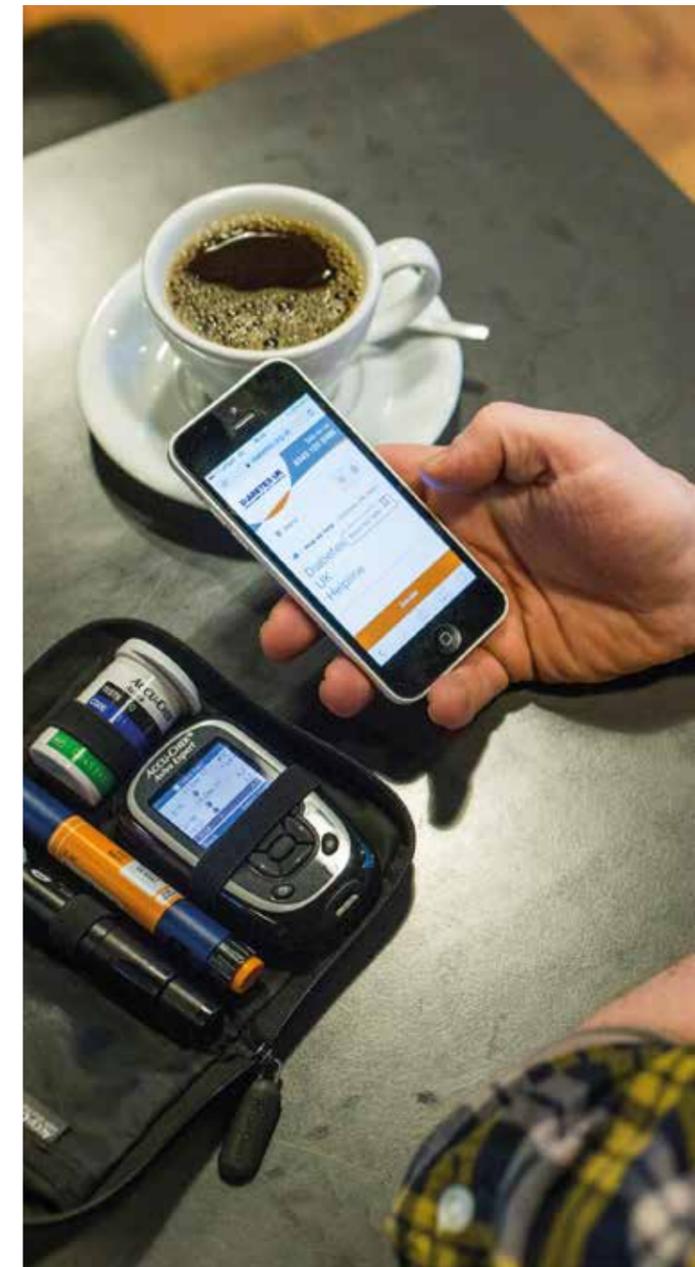
Blood glucose meters

Blood glucose meters are usually the first port of call for checking blood sugar levels. There are many on the market and new types launch all the time, so it can be tricky choosing the right one. People with diabetes should ask their healthcare team for advice on a suitable meter.

People who use insulin or other medications that can cause hypos should get a meter free of charge, but the choice may be limited due to local guidelines. If people decide to buy their own meter, they might not get a prescription for the test strips.

i For a list of meters available in the UK, see page 10.

For more information on checking blood sugars, go to www.diabetes.org.uk/med-test



CGM and Flash

CGM and Flash are ways of measuring blood sugar levels without having to finger prick.

The monitors measure the amount of glucose in the fluid surrounding the cells, called interstitial fluid. This lags behind blood sugar levels a little.

Both CGM and Flash involve a small sensor being worn just under the skin, for a set time until it needs replacing.

CGM

CGM shows trends in blood sugar levels and alerts people to highs and lows. It measures every few minutes.

There are two types of CGM: **real time**, which checks blood sugar levels at any time, with downloadable results; and **retrospective**, which doesn't check in real time, although results can be downloaded to refer to.

A CGM has three parts. There is a **sensor** which sits just under the skin. This is attached to a **transmitter**, which sends blood sugar levels to a **display device** to show the levels. The display device is either a separate handheld device (standalone CGM) or a pump (integrated system).

Flash

More people are choosing to use Flash to check their blood sugar levels.

A reader scans the sensor whenever people want, giving access to the last eight hours of sugar levels. It also comes with software so people can analyse results and see patterns in their sugar levels. But, unlike a CGM, it won't alert any high or low blood sugar levels.

i For CGM and Flash product information, see page 18.

For information on how to access Flash, go to www.diabetes.org.uk/med-flash



“Flash has significantly changed how I manage my diabetes. I now test multiple times a day – typically up to 20 times – yet it’s far easier and more discreet than finger-prick testing. And, I’m able to keep far closer to target levels – not only by reacting to the current blood glucose reading, but more importantly to the trend arrow.”

Adrian, who has been using a flash glucose monitor for more than four years.

i Read Adrian's story at www.diabetes.org.uk/med-adrian

Medications

As well as insulin, there are several medications available to help treat type 2 diabetes – two of them are sometimes used to help treat type 1 diabetes, too. They work in a variety of ways, so some people will use a combination of medications.

These are the different types and what they do:

Biguanide (metformin): This is usually the first diabetes medication prescribed if a healthy diet and physical activity alone hasn't sufficiently helped to manage blood sugar levels.

Sulphonylureas: These are tablets that stimulate the cells in the pancreas to make more insulin, helping it to work better.

Alpha-glucosidase inhibitor (acarbose): Slows down the intestine's absorption of starchy foods, which, in turn, slows down any rise in blood sugar levels after eating.

Prandial glucose regulators: Similar to sulphonylureas, this stimulates the cells in the pancreas to produce more insulin. They work more quickly than sulphonylureas but only last for a short time, so they need to be taken half an hour before each meal.

Thiazolidinediones (glitazones): Reduces insulin resistance and improves sensitivity, allowing the insulin that the body produces to work more effectively. It also helps to protect the cells in the pancreas, which enables them to produce insulin for longer.

GLP-1s (incretin mimetics): Increases the level of incretins in the body. Incretins are a type of hormone that help produce more insulin when it's needed and reduce the amount of glucose production when it's not needed. They reduce the rate at which the stomach digests food and empties, and can also reduce appetite.

DPP-4 inhibitors (gliptins): These work by blocking the action of DPP-4, an enzyme that destroys incretin.

SGLT2 inhibitors: This medication reduces the amount of glucose absorbed by your kidneys and your blood.

i As with any medication, check the patient information leaflet. People should talk to their diabetes team if they have any questions or experience any side effects.

For more on these types of medications, see page 20.



Free prescriptions

People who live in England and use insulin or medicine to manage their diabetes are entitled to free prescriptions. But, if they're under 60, they need to have a medical exemption certificate before they can claim them.

People should ask for the application form for the certificate – called FP92A. They will need to fill it in, and then their doctor will sign it and send it off. Find out more at www.diabetes.org.uk/med-prescription

Prescriptions are free for everybody in Scotland, Wales, and Northern Ireland.

We also know that some people with diabetes who need to test their blood sugars are having problems getting test strips on prescription. For information go to www.diabetes.org.uk/med-strips

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Talk to your healthcare professional to see if this meter is right for you

Insulin

Everyone with type 1 diabetes, and some people with type 2 diabetes, need to take insulin using an insulin pen or an insulin pump.

There are five different types of insulin which all work in slightly different ways to help manage diabetes.

Rapid-acting insulin: Sometimes known as fast-acting insulin, it's taken shortly before meals. It works quickly, and it's usually taken alongside intermediate-acting insulin or long-acting insulin. The dose depends on how many carbohydrates are eaten.

Short-acting insulin: This is similar to rapid-acting insulin but works slightly slower. Because of this, it needs to be taken about 25 minutes before eating.

Mixed insulin: This is a combination of short- or rapid-acting insulin. It's taken twice a day before breakfast and dinner.

Intermediate-acting insulin: Also known as background insulin or basal insulin. This means it works throughout the day. It's taken once or twice a day.

Long-acting insulin: Another type of background or bolus insulin, it is slower acting than intermediate insulin but very similar in how the body processes it. It's usually taken once a day.

i Find out the different types of insulin available on page 24.

For more information on insulin, go to www.diabetes.org.uk/med-insulin

Insulin pens

Pen injectors are relatively easy to use, and there's a whole range to suit different insulin. There are two main types: a **disposable pen** that already contains the insulin, which you throw away once empty; and a **reusable pen** with replaceable insulin cartridges.

i See page 26 for our guide to insulin pens.

For top tips and our video on injecting, go to www.diabetes.org.uk/med-insulin

Insulin pumps

An insulin pump gives people the insulin they need throughout the day and night. A pump can be an excellent alternative to injecting with an insulin pen and give people more flexibility when managing their diabetes.

There are two types of insulin pumps: a **tethered pump** and a **patch pump**. Both are attached to the body by a tiny tube called a cannula, which goes just under the skin. The cannula needs to be changed every two or three days and moved to a different place every time.

Tethered pumps: This is attached to the body by another small tube that connects to the cannula. The pump itself usually houses all the controls and can be carried on a belt, in a pocket, or a body band worn under clothing if people don't want it on show.

Patch pumps: These attach directly onto the body where the cannula is placed. Popular choices include legs, arms, or stomach. There's no extra tubing, which means the pump sits directly onto the skin and is operated by a remote. Patch pumps are temporary, so the whole device needs to be changed when the pump sends an alert, not just the infusion set and location.

i For a guide to pumps, see page 28.

Access to technology

Some diabetes technology can be difficult to access, and people with diabetes might need to meet specific criteria set by the NHS or by the National Institute for Health and Care Excellence (NICE) or, in Scotland, the Scottish Intercollegiate Guidelines Network (SIGN). If they are unsure, people should check with their diabetes team.

Blood glucose meters



① **FreeStyle Optium Neo**
Abbott



② **WaveSense JAZZ**
AgaMatrix Europe Ltd



③ **WaveSense JAZZ WIRELESS**
AgaMatrix Europe Ltd



④ **Contour Next One**
Ascensia Diabetes Care



⑤ **Contour Next**
Ascensia Diabetes Care



⑥ **Contour Next Link**
Ascensia Diabetes Care



⑦ **Contour Next Link 2.4**
Ascensia Diabetes Care



⑧ **Contour XT**
Ascensia Diabetes Care



⑨ **Contour Plus**
Ascensia Diabetes Care



⑩ **Contour TS**
Ascensia Diabetes Care



⑪ **Contour (black and silver)**
Ascensia Diabetes Care



⑫ **FORA Advanced GD40h**
B. Braun Medical Ltd



⑬ **Omnitest 3**
B. Braun Medical Ltd



⑭ **Omnitest 5**
B. Braun Medical Ltd



⑮ **Microdot +**
Cambridge Sensors Limited



⑯ **Microdot Max**
Cambridge Sensors Limited



⑰ **GlucoMen Aro**
GlucoMen



⑱ **GlucoMen Aro 2K**
GlucoMen



⑲ **GlucoRx Nexus**
GlucoRx



⑳ **GlucoRx Nexus Blue**
GlucoRx



㉑ **GlucoRx Nexus Mini Ultra**
GlucoRx



㉒ **GlucoRx Nexus Voice**
GlucoRx



㉓ **GlucoRx GO**
GlucoRx



㉔ **GlucoRx GO Professional**
GlucoRx



㉕ **GlucoRx HCT**
GlucoRx



㉖ **GlucoRx HCT Connect**
GlucoRx



㉗ **GlucoRx HCT Connect i**
GlucoRx



㉘ **GlucoRx Q**
GlucoRx



㉙ **Accu-Chek Mobile**
Roche Diabetes Care



㉚ **Accu-Chek Aviva**
Roche Diabetes Care



㉛ **Accu-Chek Performa Nano**
Roche Diabetes Care



㉜ **Accu-Chek Aviva Expert**
Roche Diabetes Care



㉝ **Accu-Chek Active**
Roche Diabetes Care



㉞ **4SURE Smart Meter**
Nipro Diagnostics UK Ltd



㉟ **4SURE Smart Duo Meter**
Nipro Diagnostics UK Ltd



㊱ **TEE2+**
Spirit Healthcare



㊲ **CareSens Dual**
Spirit Healthcare



㊳ **TRUE METRIX AIR**
Trividia Health



㊴ **TRUE METRIX GO**
Trividia Health



㊵ **VivaChek Ino**
VivaChek Laboratories, Inc



㊶ **mylife Pura**
Ypsomed



㊷ **mylife Unio**
Ypsomed



㊸ **mylife Unio Neva**
Ypsomed

“Advances to equipment and technology have been life-changing.”

Peter, diagnosed with type 1 diabetes in 1956.

i Read Peter's story at www.diabetes.org.uk/med-peter

Blood glucose meters

	Meter & manufacturer	Strip/test cassette required	Sample volume (µL)	Time for test (secs)	Blood glucose range (mmol/l)	Calibration	Battery life	Number of tests stored with date & time	Length x width x depth (cm)	Suitable for peritoneal dialysis?	Suitable for alternative site testing?	Includes integrated finger pricker?	Can test for ketones?	Battery replaced free of charge?
1	FreeStyle Optium Neo Abbott	FreeStyle Optium Blood Glucose Test Strips	0.6	5	1.1–27.8	No coding required	Up to 3,000 tests	1,000 (7-, 14- & 30-day averages)	8.68 x 5.97 x 0.8	✓*	✓	✗ device inside package	✓	✗
2	WaveSense JAZZ AgaMatrix Europe Ltd	WaveSense JAZZ & WaveSense JAZZ Duo Test Strips	0.5	5	1.1–33.3	No coding required	1,000 tests	1,865 (14-, 30- and 90-day, pre-meal & post-meal averages & standard deviation)	8.3 x 4.6 x 2	✓	✓	✗ device inside package	✗ but meter gives ketone warning with blood glucose readings >13.3mmol/l	✓
3	WaveSense JAZZ WIRELESS AgaMatrix Europe Ltd	WaveSense JAZZ & WaveSense JAZZ Duo Test Strips	0.5	5	1.1–33.3	No coding required	1,000 tests	300 in the meter memory, unlimited within the app (7-, 14-, 30- & 90-day, fasting, pre-meal & post-meal averages)	6.5 x 3 x 1	✓	✓	✗ device inside package	✗ but meter gives ketone warning with blood glucose readings >13.3mmol/l	✓
4	Contour Next One Ascensia Diabetes Care	Contour Next Test Strips	0.6 (also features second-chance sampling)	5	0.6–33.3	No coding required	1,000 tests	800 on meter, 1,000 tests or 100 days, whichever is sooner, on the app. Unlimited up to 8 years' storage on the Contour CLOUD (7-, 14-, 30- & 90-day averages)	9.7 x 2.8 x 1.5	✓	✓	✗ device inside package	✗	✓
5	Contour Next Ascensia Diabetes Care	Contour Next Test Strips	0.6 (also features second-chance sampling)	5	0.6–33.3	No coding required	1,000 tests	800 (7-, 14- & 30-day averages & pre-/post-meal marking)	8 x 5.3 x 1.2	✓	✓	✗ device inside package	✗	✓
6	Contour Next Link Ascensia Diabetes Care	Contour Next Test Strips	0.6 (also features second-chance sampling)	5	1.1–33.3	No coding required	1,000 tests	1,000 test memory (7-, 14-, 30- & 90-day averages)	9.7 x 3.1 x 1.6	✓	✓	✗ device inside package	✗	✓
7	Contour Next Link 2.4 Ascensia Diabetes Care	Contour Next Test Strips	0.6 (also features second-chance sampling)	5	1.1–33.3	No coding required	1,000 tests	1,000 test memory (7-, 14-, 30- & 90-day averages)	9.7 x 3.1 x 1.6	✓	✓	✗ device inside package	✗	✓
8	Contour XT Ascensia Diabetes Care	Contour Next Test Strips	0.6 (also features second-chance sampling)	5	0.6–33.3	No coding required	1,000 tests	480 (7-, 14- & 30-day averages)	7.7 x 5.7 x 1.6	✓	✗	✗ device inside package	✗	✓
9	Contour Plus Ascensia Diabetes Care	Contour Plus Test Strips	0.6 (also features second-chance sampling)	5	0.6–33.3	No coding required	1,000 tests	480 (7-, 14- & 30-day averages & pre-/post-meal marking)	7.7 x 5.7 x 1.9	✓	✓	✗ device inside package	✗	✓
10	Contour TS Ascensia Diabetes Care	Contour TS Test Strips	0.6	5	0.6–33.3	No coding required	1,000 tests	250 (14-day averages)	7.1 x 6 x 1.9	✓	✗	✗ device inside package	✗	✓
11	Contour (black & silver) Ascensia Diabetes Care	Contour Test Strips	0.6	5	0.6–33.3	No coding required	1,000 tests	480 (7-, 14- & 30-day averages)	7.7 x 5.7 x 1.9	✓	✗	✗ device inside package	✗	✓
12	FORA Advanced GD40h B. Braun Medical Ltd	FORA Blood Glucose Test Strips & FORA Ketone Test Strips	0.8 for glucose & 1 for ketones	5 for glucose & 8 for ketones	0.5–33.3 for glucose & 0.1–8 for ketones	No coding required	Minimum 1,000 tests	1,000 test results (7-, 14-, 21-, 28-, 60-, 90-day averages)	10.7 x 5.7 x 1.8	✓	✓	✗ device inside package	✓	✓
13	Omnitest 3 B. Braun Medical Ltd	Omnitest 3 Test Strips	0.3	3	0.6–33.3	No coding required	Minimum 3,000 tests	500 test results with date & time (3 different averages which can be set specifically for requirements)	8.3 x 5.6 x 1.8	✓	✓	✗ device inside package	✗	✓
14	Omnitest 5 B. Braun Medical Ltd	Omnitest 5 Test Strips	0.5	5	0.6–33.3	No coding required	Minimum 1,000 tests	500 test results with date and time (7-, 30- and 90-day averages)	7.5 x 4.1 x 1.5	✓	✓	✗ device inside package	✗	✓
15	Microdot + Cambridge Sensors Limited	Microdot+ Test Strips	0.6	10	1.1–29.2	No coding required	1,500 tests, or 1 year's testing 3 times per day	500	8.3 x 5.2 x 1.9	✓	✓	✗ device inside package	✗	✓
16	Microdot Max Cambridge Sensors Limited	Microdot Max Blue Glucose Test Strips	0.5	5	0.6–33.3	No coding required	Rechargeable battery	500	6.2 x 1.2 x 8	✓	✓	✗ device inside package	✗	✓

*With extraneal (Icodextrin) dialysis solution

Blood glucose meters

	Meter & manufacturer	Strip/test cassette required	Sample volume (µL)	Time for test (secs)	Blood glucose range (mmol/l)	Calibration	Battery life	Number of tests stored with date & time	Length x width x depth (cm)	Suitable for peritoneal dialysis?	Suitable for alternative site testing?	Includes integrated finger pricker?	Can test for ketones?	Battery replaced free of charge?
17	Glucomen Areo Glucomen	Glucomen Areo Sensors	0.5	5	1.1–33.3	No coding required	1,000 tests	730 (1-, 7-, 14-, 30-, 60- & 90-day averages)	8.5 x 5.6 x 1.8	✓	✓	✗ device inside package	✗	✓
18	Glucomen Areo 2K Glucomen	Glucomen Areo Sensors Glucomen Areo β-Ketone Sensors	0.5 for glucose & 0.8 for ketones	5 for glucose & 8 for ketones	1.1–33.3 for glucose & 0.1–8 for ketones	No coding required	1,000 tests	730 (1-, 7-, 14-, 30-, 60- & 90-day averages)	8.5 x 5.6 x 1.8	✓	✓	✗ device inside package	✓	✓
19	Glucorx Nexus Glucorx	Glucorx Nexus Test Strips	0.5	5	1.1–33.3	No coding required	2 x AAA batteries give ~500 tests	1,000	9.6 x 6.1 x 2.6	✓	✓	✗ device inside package	✗ but meter gives ketone warning with BG readings ≥15mmol/l	✓
20	Glucorx Nexus Blue Glucorx	Glucorx Nexus Test Strips	0.5	5	1.1–33.3	No coding required	2 x AAA batteries give ~500 tests	1,000	9.6 x 6.1 x 2.6	✓	✓	✗ device inside package	✗ but meter gives ketone warning with BG readings ≥15mmol/l	✓
21	Glucorx Nexus Mini Ultra Glucorx	Glucorx Nexus Test Strips	0.5	5	1.1–33.3	No coding required	1 x AAA battery gives ~500 tests	1,000	9.8 x 3.6 x 1.8	✓	✓	✗ device inside package	✗	✓
22	Glucorx Nexus Voice Glucorx	Glucorx Nexus Test Strips	0.5	5	1.1–33.3	No coding required	2 x AAA batteries give ~500 tests	450	9.5 x 5.2 x 2	✓	✓	✗ device inside package	✗ but meter gives ketone warning with BG readings ≥15mmol/l	✓
23	Glucorx GO Glucorx	Glucorx Nexus Test Strips	0.5	5	1.1–33.3	No coding required	1 x CR2032 battery gives ~500 tests	999	4.4 x 3.9 x 2.4	✓	✓	✗ device inside package	✗	✓
24	Glucorx GO Professional Glucorx	Glucorx Nexus Test Strips	0.5	5	1.1–33.3	No coding required	1 x CR2032 battery gives ~500 tests	999	4.4 x 3.9 x 2.4	✓	✓	✗ device inside package	✗	✓
25	Glucorx HCT Glucorx	Glucorx HCT Glucose Test Strips & Glucorx HCT Ketone Test Strips	1	5 for glucose & 10 for ketones	0.5–38.9 for glucose & 0.1–8 for ketones	No coding required	2 x AAA batteries give ~500 tests	1,000	9.6 x 6.1 x 2.6	✓	✗	✗ device inside package	✗ but meter gives ketone warning with BG readings ≥15mmol/l	✓
26	Glucorx HCT Connect Glucorx	Glucorx HCT Glucose Test Strips & Glucorx HCT Ketone Test Strips	1	5	0.5–38.9 for glucose & 0.1–8 for ketones	No coding required	Powered by Android device and 1 x CR2032 battery, giving ~500 tests	Unlimited readings stored in Glucorx HCT app on smartphone	5.3 x 3.2 x 1.3	✓	✗	✗ device inside package	✗ but meter gives ketone warning with blood glucose readings ≥15mmol/l	✓
27	Glucorx HCT Connect i Glucorx	Glucorx HCT Glucose Test Strips & Glucorx HCT Ketone Test Strips	1	5	0.5–38.9 for glucose & 0.1–8 for ketones	No coding required	Powered by iOS device, giving ~500 tests	Unlimited readings stored in Glucorx HCT app on smartphone	5.1 x 2.4 x 0.9	✓	✗	✗ device inside package	✗ but meter gives ketone warning with BG readings ≥15mmol/l	N/A
28	Glucorx Q Glucorx	Glucorx Q Test Strips	0.7	7	1.1–33.3	No coding required	1 x AAA battery gives ~500 tests	450	9.3 x 3.6 x 2.13	✓	✓	✗ device inside package	✗	✓
29	Accu-Chek Mobile Roche Diabetes Care	Mobile Test Cassette	0.3	5 (approx)	0.6–33.3	No coding required	500 tests or 1 year approx	2,000 (7-, 14-, 30- & 90-day averages)	12.1 x 6.3 x 2	✓	✗	✓	✗	✓
30	Accu-Chek Aviva Roche Diabetes Care	Aviva Test Strips	0.6	5	0.6–33.3	No coding required	Approx 1,000 tests or 1 year with 3 tests per day	500 (7-, 14-, 30- & 90-day & pre-/post-meal averages)	9.4 x 5.2 x 2.1	✓	✓	✗ device inside package	✗	✓



Blood glucose meters

	Meter & manufacturer	Strip/test cassette required	Sample volume (µL)	Time for test (secs)	Blood glucose range (mmol/l)	Calibration	Battery life	Number of tests stored with date & time	Length x width x depth (cm)	Suitable for peritoneal dialysis?	Suitable for alternative site testing?	Includes integrated finger pricker?	Can test for ketones?	Battery replaced free of charge?
31	Accu-Chek Performa Nano Roche Diabetes Care	Performa Test Strips	0.6	5	0.6–33.3	No coding required	500 tests or 1 year approx	500 (7-, 14-, 30- & 90-day & pre-/post-meal averages)	6.9 x 4.3 x 2	✓	✓	✗ device inside package	✗	✓
32	Accu-Chek Aviva Expert Roche Diabetes Care	Aviva Test Strips	0.6	5	0.6–33.3	No coding required	Varies depending on usage of different features	1,000 (7-, 14-, 30- & 90-day averages) can be shown as colour graphs & charts on meter screen)	9.4 x 5.5 x 2.5	✓	✗	✗ device inside package	✗	✓
33	Accu-Chek Active Roche Diabetes Care	Active Test Strips	1–2	Approx 5 (test strip in meter) / 8 (test strip outside meter)	0.6–33.3	Auto coding by inserting a code chip	Approx 1,000 tests or 1 year	500 (date/time, 7-, 14-, 30- & 90-day averages)	9.8 x 4.7 x 1.9	✓	✗	✗ device inside package	✗	✓
34	4SURE Smart Meter Nipro Diagnostics UK Ltd	4SURE Test Strips	0.5	5	0.5–33.3	No coding required	1,000 tests	1,000 (7-, 14-, 30-, 60- & 90-day averages)	9 x 5.5 x 1.8	✓	✓	✗ device inside package	✗	✓
35	4SURE Smart Duo Meter Nipro Diagnostics UK Ltd	4SURE Test Strips & 4SURE Ketone Test Strips	0.5 for glucose & 0.8 for ketones	5 for glucose & 8 for ketones	0.5–33.3 for glucose & 0.1–8 for ketones	No coding required (blood glucose). Coding needed when using new vial of ketone test strips	1,000 tests	1,000 (7-, 14-, 30-, 60- & 90-day averages)	9 x 5.5 x 1.8	✓	✓	✗ device inside package	✓	✓
36	TEE2+ Spirit Healthcare	TEE2	0.5	5	1.1–33.3	No coding required	1,000 tests	1,000 (1-,7-,14-, 30-, 90-day pre & post meal averages)	10.8 x 5.6 x 1.5	✓	✓	✗ device inside package	✗	✓
37	CareSens Dual Spirit Healthcare	CareSens Pro Glucose Test Strips & KetoSens Ketone Strips	0.4	5	1.1–33.3	No coding required	1,000 tests	1,000 (1-,7-,14-, 30-, 90-day pre & post meal averages)	10.6 x 5.8 x 1.7	✓	✓	✗ device inside package	✓	✓
38	TRUE METRIX AIR Trividia Health	TRUE METRIX Test Strips	0.5	As fast as 4	1.1–33.3	No coding required	Approx 1,000 tests or 1 year	1,000	8.7 x 5.5 x 1.7	✓ as long as the hematocrit levels fall within the parameters of 20-70%. HCP to determine if the meter is appropriate	✓	✗ device inside package	✗ ketone test reminder	✗
39	TRUE METRIX GO Trividia Health	TRUE METRIX Test Strips	0.5	As fast as 4	1.1–33.3	No coding required	Approx 1,000 tests or 1 year	500	4.1 x 3.5 x 2.2	✓ as long as the hematocrit levels fall within the parameters of 20-70%. HCP to determine if the meter is appropriate	✓	✗ device inside package	✗	✗
40	VivaChek Ino VivaChek Laboratories, Inc	VivaChek Ino Test Strips	0.5	5	0.6–33.3	No coding required	12 months or 1,000 tests	900	8.2 x 5 x 1.5	✓	✓	✗ device inside package	✗	✓
41	mylife Pura Ypsomed	mylife Pura Test Strips	1	5	0.6–33.3	No coding required	Approx 1,000 tests	500 (7-, 14-, 30- & 90-day averages)	9.1 x 4.6 x 1.7	✓	✓	✗ device inside package	✗	✓
42	mylife Unio Ypsomed	mylife Unio Test Strips	0.7	5	0.6–33.3	No coding required	Approx 600 tests	1,000 (7-, 14-, 30-, 60- & 90-day averages)	7.1 x 3.9 x 1.4	✓	✓	✗ device inside package	✗	✓
43	mylife Unio Neva Ypsomed	mylife Unio Test Strips	0.7	5	0.6–33.3	No coding required	Approx 600 tests	1,000 (7-, 14-, 30-, 60- & 90-day averages)	7.1 x 3.9 x 1.4	✓	✓	✗ device inside package	✗	✓

Flash and CGMs

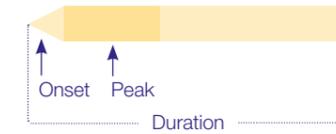
Flash & CGM	Water resistant?	Sensor type	Sensor life	Blood glucose range (mmol/l)	Licensed for treatment decisions?	Battery life	Calibration requirements	Weight (g)	Stored data?	Can results be shared?	Link to an insulin pump?	Reusable applicator	Reusable Transmitter	Sensor size (h x w x d) in cm	Transmitter size (h x w x d) in cm
 FreeStyle Libre Flash Glucose Monitoring System Abbott	Yes, sensor is water resistant in up to 1m of water for a maximum of 30 minutes	Flash Glucose	14 days	2.2–27.8	Yes	N/A	No calibration required	Sensor: 5	✓ Sensor: 8 hours. Reader & app: 90 days	✓ LibreView to healthcare team. LibreLinkUp app to up to 20 caregivers	✗	✗	N/A	0.5 (h) x 3.5 (d)	N/A
 Dexcom G6 Dexcom	G6 transmitter IP28 up to 2.4m for 24 hours	CGM	Up to 10 days	2.2–22.2	Yes*	N/A	No calibration required	12	✓ 24 hours of data in G6 app. 90 days of data in Clarity app	✓ Through separate Share app with up to 5 family or friends	✓ Tandem T Slim X2	✗	✓ 90 day warranty	N/A	4.6 x 3 x 1.5
 GlucoMen Day CGM GlucoMen	Yes, submerged up to 1m for up to 30 minutes	Actual Real-Time CGM™	15 days	2.2–22.2	Yes	15 days	1 per day	7.5	✓ 15 days	✓	✓ GlucoMen Day Pump	✓ 5 years	✓ 5 years	3.5 x 2.5 x 0.7	
 Guardian Connect Medtronic	IP48: up to 2.4m for up to 30 minutes	Enlite Glucose Sensor	Up to 6 days	Sensor: 2.2–22.2 Guardian Connect App Inputs: Can record BG readings 1.1–33.3. Can be alerted to a high sensor reading between 5.6–22.2. Can be alerted to a low sensor reading between 3.3– 5	No, calibration, BG check required	6 days transmitter & battery life of compatible device. A depleted transmitter can take up to 2 hours to recharge	3–4 times per day	<7	✓ 12 hours from last calibration	✓ Via CareLink to HCP & up to 5 care partners in real-time	✗ Designed as standalone CGM	✓ One Press Serter	✓ 1 year warranty	3.5 x 4 x 0.7	3.5 x 2.8 x 0.7
 Guardian Link 3 Medtronic	IP48: up to 2.4m for up to 30 minutes	Guardian Sensor 3	Up to 7 days	Sensor reads between 2.2–22.2	When used with MM640G: will suspend insulin on low threshold When used with MM670G: will adjust basal insulin based on IG level. For bolus corrections: No, calibration, BG check required	7 days transmitter battery life. A depleted transmitter can take up to 2 hours to recharge	4–6 per day	<7	✓ 10 hours of data	✓ Via CareLink to HCP when uploading pump data	✓ MiniMed 640G or MiniMed 670G	✓ One Press Serter	✓ 1 year warranty	3.5 x 4 x 0.7	3.5 x 2.8 x 0.7
 A6 TouchCare CGM Medtrum Ltd	IPX8: 2.5m for up to 60 minutes	Actual Real-Time CGM	Up to 7 days	2.2–22.2	No	N/A	Every 12 hours	Transmitter: 4.8	✓ 14 days stored in the transmitter, 90 days' data can be viewed via phone app	✓ EasyView Web for healthcare team & users. Mac & PC (unlimited followers). EasyFollow App for loved ones. iOS & Android (unlimited followers). Apps also display on Apple Watch	✓ A6 Touch-Care patch pump – can create semi-closed loop with PLGS feature	✗	✓	0.7 x 2.2 x 3.5	1.2 x 1.9 x 3.6
 Eversense XL Continuous Glucose Monitoring System Senseonics, distributed in the UK by Roche Diabetes Care	Transmitter: Water resistant submerged up to 1m for up to 30 minutes	CGM with fully implanted sensor	Up to 180 days	2.2–22.2	No	Transmitter: approx 24 hours (15 mins to fully charge)	During initialisation phase (immediately after implantation), 4 fingerstick tests are required. After this, daily calibration is required with 1 test twice per day	Transmitter: 11.3	✓ Data can be synced from the mobile app to the Eversense Data Management System. Data is also stored in the mobile app and on the smart transmitter	✓ Results can be shared with selected friends/family via the Eversense NOW app (iOS). The Eversense Data Management System can be used by HCPs & users to analyse data	✓	✗	✓	1.8 (length) 0.4 (dia)	3.8 x 4.8 x 0.9

*Non-adjunctive. If your glucose alerts and G6 readings don't match what you're feeling, use your meter to make decisions or seek immediate medical attention

Generic name	Trade name	Dosage size/strength	How it's taken	Min-max daily dose	When taken	Times per day
BIGUANIDES						
Metformin	Glucophage	500mg, 850mg	By mouth, swallowed whole	500–3,000mg	During or after meals	2–3 times
Metformin	Metformin Oral Solution	500mg per 5ml	By mouth, liquid	500–3,000mg	During or after meals	2–3 times
Metformin prolonged release	Glucophage SR	500mg, 750mg, 1,000mg	By mouth, swallowed whole	500–2,000mg	With, or after, evening meals if once. Breakfast and evening meal if twice	Once (dose can be split if not tolerated or glycaemic control still inadequate)
SULPHONYLUREAS						
Glibenclamide	Glibenclamide	2.5mg, 5mg	By mouth, swallowed whole	2.5–15mg	With or immediately after breakfast, or first main meal of the day	Once
Gliclazide	Diamicon	80mg	By mouth, swallowed whole with water	40–320mg	According to the main meals of the day	Twice
Gliclazide	Diamicon MR	30mg	By mouth, swallowed whole with water	30–120mg	Take with water at breakfast	Once
Glimepiride	Glimepiride	1mg, 2mg, 3mg, 4mg	By mouth, swallowed whole	1–6mg	Shortly before or with first main meal	Once
Glipizide	Minodiab	5mg	By mouth	5–20mg	30 minutes before breakfast or midday meal	1–2 times
Tolbutamide	Tolbutamide	500mg	By mouth	500–2,000mg	With or immediately after the first meal of the day or in smaller doses throughout the day with meals	1–3 times
PRANDIAL GLUCOSE REGULATORS						
Nateglinide	Starlix	60mg, 120mg, 180mg	By mouth, swallowed whole with water	60–540mg	Up to 30 minutes before meals	Up to 3 times
Repaglinide	Prandin	0.5mg, 1mg, 2mg	By mouth, swallowed whole with water	0.5–16mg	Usually within 15 minutes prior to main meals, but up to 30 minutes before	Up to 4 times
ALPHA-GLUCOSIDASE INHIBITORS						
Acarbose	Acarbose	50mg, 100mg	By mouth	50–600mg	Chewed with first mouthful of food, or swallowed whole with water directly before	3 times
GLP-1 RECEPTOR AGONISTS						
Dulaglutide	Trulicity	0.75mg, 1.5mg in prefilled pens & syringes	Injection	Weekly 0.75mg (monotherapy) 1.5mg (add-on)	Any time	Weekly
Exenatide	Byetta	5mcg, 10mcg (injection pens)	Injection	10–20mcg	Within 60 minutes prior to the two main meals of the day, approx 6 hours apart	Twice
Exenatide prolonged-release	Bydureon	2mg (powder/solvent for prolonged-release, suspension for injection)	Injection	2mg once weekly	Once weekly on the same day each week, any time with or without food	Once weekly
Liraglutide	Victoza	0.6mg, 1.2mg, 1.8mg	Once daily injection	1.2–1.8mg	Once daily, at any time of time, independent of meals, around same time each day	Once
Lixisenatide	Lyxumia	10mcg, 20mcg (fixed-dose injection pens)	Once daily injection	10mcg once daily for 14 days, then 20mcg once daily maintenance dose from day 15 onwards	Once daily, within the hour prior to any meal of the day. It is preferable that the prandial injection of Lixisenatide is performed before the same meal every day	Once
Semaglutide	Ozempic	0.25mg, 0.5mg, 1mg	Once weekly injection	0.5mg–1mg weekly	Weekly, same day each week, at any time of day, with or without meals	Weekly
SGLT-2 INHIBITORS						
Canagliflozin	Invokana	100mg, 300mg	By mouth	100mg monotherapy/add on, increasing to 300mg for tighter glycaemic control. If eGFR drops below 60ml/min/1.73m ² use 100mg; discontinue if <45	Once a day, preferably before breakfast	Once daily
Dapagliflozin	Forxiga	5mg, 10mg	By mouth	10mg for monotherapy and add-on combination therapy with other glucose-lowering medicinal products. 5mg for people with severe hepatic impairment, increasing to 10mg if well tolerated. not be initiated in patients with a glomerular filtration rate [GFR] <60ml/min and should be discontinued at GFR persistently below 45ml/min	With or without food any time of day	Once
Empagliflozin	Jardiance	10mg, 25mg	By mouth, swallowed whole with water	Initiate with 10mg; titrate to 25mg if tighter glycaemic control needed (and if eGFR is >60ml/min/1.73m ²). If eGFR drops <60, use 10mg; discontinue if <45. As monotherapy or in combination with other anti-diabetic medication	Any time of day, but at the same time each day with or without food	Once
Ertugliflozin	Steglatro	5mg, 15mg	Tablet – can be swallowed whole, or crushed if needed	5–15mg	Morning, with or without food	Once

[More medications over the page >](#)

Generic name	Trade name	Dosage size/strength	How it's taken	Min-max daily dose	When taken	Times per day
THIAZOLIDINEDIONES (GLITAZONES)						
Pioglitazone	Actos	15mg, 30mg, 45mg	By mouth, swallow whole with water	15–45mg alone, or in dual or triple therapy, or with insulin	With or without food	Once
DPP-4 INHIBITORS						
Alogliptin	Vipidia	6.25mg, 12.5mg, 25mg	By mouth	25mg with metformin/ thiazolidinedione/ sulphonylurea/insulin or triple therapy with metformin & thiazolidinedione/sulphonylurea/insulin. 12.5/6.25mg in moderate/severe renal disease	Once daily with or without food	Once
Linagliptin	Trajenta	5mg	By mouth, swallow whole with water	5mg as monotherapy, or in combination with other anti-diabetic medication	Any time of day, but at the same time each day with or without food	Once
Saxagliptin	Onglyza	2.5mg, 5mg	By mouth, swallow whole with water	5mg alone or in dual or triple therapy, or with insulin (reduce to 2.5mg in moderate or severe renal impairment)	With or without food at any time of day, ideally at same time each day	Once
Sitagliptin	Januvia	25mg, 50mg, 100mg	By mouth	100mg alone, or in dual or triple therapy, or add on to insulin	With or without food	Once
Vildagliptin	Galvus	50mg	By mouth, swallow whole with water	100mg, as monotherapy, in combination with metformin, metformin and a sulphonylurea, thiazolidinedione, or with insulin (with or without metformin); 50mg with a sulphonylurea [moderate/severe renal disease/ESRD 50mg daily]	With or without food	50mg in the morning, 50mg in the evening, except in dual combination with a sulphonylurea, where administration is 50mg in the morning
COMBINED FORMULATION MEDICATIONS						
Alogliptin + metformin	Vipdomet	12.5mg/850mg, 12.5mg/1,000mg	By mouth, swallow whole with water	2 x 12.5mg/850mg–2 x 12.5mg/1,000mg	With food	Twice
Canagliflozin + metformin	Vokanamet	50mg/850mg, 50mg/1,000mg	By mouth, swallowed whole with water. It is best to take the tablet with a meal	Dose is based on patients's current metformin dose, daily dose of metformin should not exceed 2g	One tablet twice daily with meals to lower the chance of having an upset stomach associated with metformin	Twice daily
Empagliflozin + metformin	Synjardy	5mg empagliflozin + 850mg metformin 5mg empagliflozin + 1,000mg metformin 12.5mg empagliflozin + 850mg metformin 12.5mg empagliflozin + 1,000mg metformin	By mouth; swallowed whole with water and take with meals	2 x 5mg empagliflozin/850mg metformin– 2 x 12.5mg empagliflozin/1,000 metformin	With meals	Twice
Empagliflozin + linagliptin	Glyxambi	10mg empagliflozin + 5mg linagliptin 25mg empagliflozin + 5mg linagliptin	By mouth; swallowed whole with water	Initiate with 10mg empa/5mg lina; titrate to 25mg empa/ 5mg lina if tighter glycaemic control needed (and if eGFR is >60ml/min/1.73m ²). If eGFR drops<60, use 10mg empa/5mg lina. Discontinue if <45	Any time of day, but at the same time each day with or without food	Once
Pioglitazone + metformin	Competact	15mg/850mg	By mouth, with water	2 x 15mg/850mg	With or just after food	Twice
Linagliptin + metformin	Jentadueto	2.5mg linagliptin + 850mg metformin 2.5mg linagliptin + 1,000mg metformin	By mouth; swallowed whole; take with food	2 x 2.5mg lina/850mg metformin–2 x 2.5mg lina/1,000mg metformin	With meals	Twice
Vildagliptin + metformin	Eucreas	50mg/850mg, 50mg/1,000mg. Also licensed as triple therapy with a sulphonylurea or insulin	By mouth; swallowed whole with water	2 x 50mg/850mg–50mg/1,000mg	Once in the morning and once in the evening, with or without food	Twice
Sitagliptin + metformin	Janumet	50mg/1,000mg	By mouth	2 x 50mg/1,000mg	With food	Twice
Dapagliflozin + metformin	Xigduo	5mg/850mg, 5mg/1,000mg	By mouth; swallowed whole with half a glass of water	2 x 5mg/850mg–2 x 5mg/1000mg	With meals	Twice
Saxagliptin + metformin	Komboglyze	2.5mg/850mg, 2.5mg/1,000mg	By mouth	2 x 2.5mg/850mg–2.5mg/1,000mg	With meals	Twice
Saxagliptin + dapagliflozin	Qtern	5mg/10mg	By mouth, swallowed whole with half a glass of water	1 x 5mg/10mg	With or without food, at any time of the day but preferably at the same time each day	Once
LONG-ACTING INSULIN / GLP-1 RECEPTOR AGONIST						
Insulin degludec/ liraglutide fixed dose combination	Xultophy	1 dose step contains 1 unit of insulin degludec and 0.036 mg liraglutide. 100 units insulin degludec/ml + 3.6mg liraglutide/ml solution for injection	Once daily injection	Titrate according to need, max dose 50 dose steps	Once daily, at any time of time, independent of meals, around same time each day	Once



Times are approximate and may vary from person to person. This is a guide only.

Name	Manufacturer	Source	Delivery system	When taken	Onset, peak & duration (approximate hours)																							
					0	2	4	6	8	10	12	14	16	18	20	22	24	26	28	30	32	34	36					
Rapid-acting analogue																												
Humalog	Lilly	Analogue	Vial, cartridge, KwikPen, Junior KwikPen (prefilled pens)	Shortly before meals or soon after when necessary	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	
Humalog 200 units/ml KwikPen	Lilly	Analogue	KwikPen (prefilled pen)	Shortly before meals or soon after when necessary	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	
Humalog Junior KwikPen	Lilly	Analogue	KwikPen (prefilled pen)	Shortly before meals or soon after when necessary	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	
Fiasp	Novo Nordisk	Analogue	Prefilled pen, cartridge, vial	2 minutes before food, with food or, if necessary, up to 20 minutes after food	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	
NovoRapid	Novo Nordisk	Analogue	Prefilled pen, cartridge, vial	Just before, with or just after food	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	
Apidra	Sanofi	Analogue	Vial, cartridge, SoloStar pre-filled pen	Shortly before or soon after meals, or by continuous subcutaneous pump infusion	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	
Insulin lispro Sanofi	Sanofi	Analogue	Vial, cartridge, SoloStar pre-filled pen	Shortly before meals or, when necessary, soon after meals	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	
Insuman Rapid	Sanofi	Human	Cartridge	15–20 mins before a meal	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	
Short-acting insulin																												
Actrapid	Novo Nordisk	Human	Vial	30 minutes before food	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	
Humulin S	Lilly	Human	Vial, cartridge	As advised by your healthcare team	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	
Hypurin Porcine Neutral	Wockhardt UK	Porcine	Vial, cartridge	As advised by your healthcare team	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	
Intermediate-acting insulin																												
Humulin I	Lilly	Human	Vial, cartridge, KwikPen (prefilled pen)	As advised by your healthcare team	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	
Hypurin Porcine Isophane	Wockhardt UK	Porcine	Vial, cartridge	As advised by your healthcare team	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	
Insulatard	Novo Nordisk	Human	Prefilled doser, cartridge, vial	To be determined by healthcare team	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	
Insuman Basal	Sanofi	Human	Cartridge, SoloStar prefilled pen	45–60 minutes before a meal	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	
Pre-mixed insulin																												
Humalog Mix 25	Lilly	Analogue	Vial, cartridge, KwikPen (prefilled pen)	Shortly before meals or soon after when necessary	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	
Humalog Mix 50	Lilly	Analogue	Cartridge, KwikPen (prefilled pen)	Shortly before meals or soon after when necessary	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	
Humulin M3	Lilly	Human	Vial, cartridge, KwikPen (prefilled pen)	As advised by your healthcare team	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	
Hypurin Porcine 30/70 Mix	Wockhardt UK	Porcine	Vial, cartridge	As advised by your healthcare team	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	
NovoMix 30	Novo Nordisk	Analogue	Prefilled pen, cartridge	Just before, with or just after food	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	
Insuman Comb 25	Sanofi	Human	Cartridge, SoloStar prefilled pen	30–45 minutes before a meal	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	
Insuman Comb 50	Sanofi	Human	Cartridge	20–30 minutes before a meal	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	
Long-acting insulin																												
Abasaglar	Lilly	Analogue	Cartridge, KwikPen (prefilled pen)	Once a day, anytime (preferably same time each day)	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	
Levemir	Novo Nordisk	Analogue	Prefilled pen, prefilled doser, cartridge	Once or twice daily	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	
Tresiba U100, Tresiba U200	Novo Nordisk	Analogue	Prefilled pen, cartridge (U100 only)	Once daily, preferably at the same time each day	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	
Semglee	Mylan	Analogue	Prefilled pen	Once daily, same time each day	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	
Lantus	Sanofi	Analogue	Vial, cartridge, SoloStar prefilled pen	Once daily, any time, but at the same time each day	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	
Toujeo U300	Sanofi	Analogue	SoloStar prefilled pen only	Once-daily administration at any time of the day, preferably at the same time every day	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	
Long acting / GLP-1 agonist																												
Xultophy	Novo Nordisk	Analogue / GLP-1 fixed dose combination	Prefilled pen	Once daily, preferably at the same time each day	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	
Suliqua	Sanofi	Analogue/GLP-1 fixed ratio combination	SoloStar pre-filled pen	Once a day within one hour prior to a meal, preferably before the same meal every day, when the most convenient meal has been chosen	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	0-4	

Insulin pens

Insulin pen & manufacturer	Dosage (min-max)	Insulin used in pens	Pen needles compatible with	Colour	Material	Cartridge or prefilled	Redial dose?	Carrying case description
 HumaPen Savvio Lilly	1–60 units	Humalog, Humalog Mix 25, Humalog 50, Humulin I, Humulin M3, Humulin S, Abasaglar	BD pen needles	Red, green, blue, pink, graphite, silver	Metal	Cartridge	✓	Grey zip case
 Humalog KwikPen, Humalg Mix 25 KwikPen, Humalog Mix 50 KwikPen Lilly	1–60 units	Humalog, Humalg Mix 25, Humalog Mix 50	BD pen needles	Slate blue	Plastic	Prefilled	✓	Soft case available from manufacturer
 Humulin I KwikPen, Humulin M3 KwikPen Lilly	1–60 units	Humulin I, Humulin M3	BD pen needles	Beige	Plastic	Prefilled	✓	Soft case available from manufacturer
 Humalog 200 units/ml KwikPen Lilly	1–60 units	Humalog 200 units/ml	BD pen needles	Dark grey	Plastic	Prefilled	✓	Soft case available from manufacturer
 Abasaglar KwikPen Lilly	1–80 units	Abasaglar	BD pen needles	Light grey	Plastic	Prefilled	✓	Soft case available from manufacturer
 Humalog Junior KwikPen Lilly	0.5–30 units	Humalog	BD pen needles	Slate blue	Plastic	Prefilled	✓	Soft case available from manufacturer
 Semglee Mylan	1–80 units	Semglee (insulin glargine)	31G/5mm, 32G/4–6mm or 34G/4mm pen needles	Blue	Plastic	Prefilled	✓	None
 Tresiba FlexTouch 100 units/ml Novo Nordisk	1–80 units	Tresiba	NovoFine, NovoTwist, Autocover	Lime green	Plastic	Prefilled	✓	Available from manufacturer
 Tresiba FlexTouch 200 units/ml Novo Nordisk	2–160 units	Tresiba	NovoFine, NovoTwist, Autocover	Forest green	Plastic	Prefilled	✓	Available from manufacturer
 Fiasp FlexTouch 100 units/ml Novo Nordisk	1–80 units	Fiasp	NovoFine, NovoTwist, Autocover	Yellow/red	Plastic	Prefilled	✓	Available from manufacturer
 NovoRapid FlexTouch 100 units/ml Novo Nordisk	1–80 units	NovoRapid	NovoFine, NovoTwist, Autocover	Orange	Plastic	Prefilled	✓	Available from manufacturer
 Xultophy FlexTouch Novo Nordisk	1–50 dose steps	Xultophy	NovoFine, NovoTwist, Autocover	Pink/blue	Plastic	Prefilled	✓	Available from manufacturer
 FlexPen Novo Nordisk	1–60 units	NovoRapid, Levemir, NovoMix30	NovoFine, NovoTwist, Autocover	Orange, green, blue	Plastic	Prefilled	✓	Available from manufacturer
 InnoLet Novo Nordisk	1–50 units	Levemir, Insulatard	NovoFine, NovoTwist	Cream	Plastic	Prefilled	✓	None
 NovoPen 5 Novo Nordisk	1–60 units	All Novo Nordisk 3ml penfill cartridges	NovoFine, NovoTwist, Autocover	Blue or silver	Metal	Cartridge	✓	Zip case
 NovoPen Echo Novo Nordisk	0.5–30 units	All Novo Nordisk 3ml penfill cartridges	NovoFine, NovoTwist, Autocover	Blue or red	Metal	Cartridge	✓	Soft case
 Autopen Classic Owen Mumford	1–21 units (green)	Sanofi 3ml insulin cartridges	BD Micro-Fine+, NovoFine, Penfine universal click, Unifine Pentips	Green & white or blue & white	Plastic	Cartridge	✗	Soft pouch
 Autopen 24 Owen Mumford	2–42 units (blue)	Sanofi 3ml insulin cartridges	BD Micro-Fine+, NovoFine, Penfine universal click, Unifine Pentips	Green or blue	Plastic	Cartridge	✗	Soft pouch
 AllStar PRO Sanofi	1–80 units	Apidra, Lantus, Insuman Basal, Insuman Comb 25, Insuman Comb 50, Insuman Rapid, Insulin lispro Sanofi	Always use needles that are compatible with AllStarPRO, eg from BD (eg BD Ultra-Fine), Ypsomed (eg Clickfine) or Owen Mumford (eg Unifine Pentips)	Blue or silver	Plastic	Cartridge	✓	Hard case
 DoubleStar Sanofi	2–160 units	Toujeo	Can be used with needles up to 8mm long – longer needles DO NOT fit under the pen cap. Toujeo compatible needles from BD, Ypsomed, Artsana & Owen Mumford	Grey. The medicine label should be read for differentiation not the pen colour	Plastic	Prefilled	✓	None
 JuniorSTAR Sanofi	1–30 units	Apidra, Lantus, Insuman Basal, Insuman Comb 25, Insuman Comb 50, Insuman Rapid, Insulin lispro Sanofi	Compatible needles from BD, Ypsomed, Artsana & Owen Mumford	Blue, red or silver	Metal	Cartridge	✓	Soft pouch
 SoloStar Sanofi	1–80 units	Toujeo, Apidra, Lantus, Insuman Basal, Insuman Comb 25, Insulin lispro Sanofi	Compatible needles from BD, Ypsomed, Artsana or Owen Mumford	The medicine label should be read for differentiation not the pen colour	Plastic	Prefilled	✓	None
 Suliqua Solostar Sanofi	10–40 dose steps (peach) 30–60 dose steps (olive)	Suliqua	Compatible needles from BD, Ypsomed, Artsana or Owen Mumford	Peach/olive	Plastic	Prefilled	✓	None
 Insujet Spirit Healthcare	4–40 units	All 3ml & 10ml UK insulin cartridges	"None. Insulin administered by needle-free jet injections using compressed air through a precision nozzle"	Green & white, blue & white or grey & white	Plastic & steel	Cartridge	✓	Hard case

Insulin pumps

Pump & manufacturer	Length x width x depth (cm)	Weight	Screen size (mm)	Colours	Basal increments	Total basals	Basal profiles	Memory	Battery life	Waterproof?	Key features & website
 Dana RS Advanced Therapeutics (UK) Ltd (UK Distributor) Manufacturer: Sooli Developments Co Ltd	7.8 x 3.5 x 1.9	53g	595mm ²	Black, grey, white, pink, green	0.1 or 0.01 u/hr	24	4	500 bolus, 100 prime, 200 daily totals, 500 carbohydrates & 500 blood glucose entries. Average bolus: 3, 7, 14, 21, 28 days. Alarm code, suspend history, temporary basal history, basal history	4–5 weeks	IPX28	<ul style="list-style-type: none"> • Smallest & lightest pump of its class • Fully controllable via Android & iPhone smartphones • Designed for compatibility with future licensed, interoperable APS algorithms <p>www.advancedtherapeutics.org.uk</p>
 Omnipod DASH Insulin Management System Insulet Corporation	Pod: 5.2 x 3.9 x 1.45. Omnipod DASH Personal Diabetes Manager (PDM): 13 x 6.3 x 1	Pod: 26g without insulin. PDM: 106g (with battery)	51 x 90	Black	0.05u/hr	Each programme can have 24 segments	12	PDM: 90 days' insulin data in history records	Up to 2 days on a single charge	Pod: IP28 for up to 7.6m for 60 minutes. PDM: not waterproof	<ul style="list-style-type: none"> • Tubeless, waterproof Pod that can be placed anywhere you would give yourself an injection • Modern, intuitive touchscreen Personal Diabetes Manager (PDM) • Suitable for all ages, with adjustable settings to personalise insulin delivery based on your daily routine <p>www.myomnipod.com</p>
 A6 TouchCare System Medtrum Ltd	PDM: 7.6 x 4.8 x 9.4. Patch, incl. Pump Base: 5.7 x 3.3 x 1.3	PDM: 42.4g. Patch: 21.5g	37 x 50	PDM skins: blue, pink, green, lavender	0.00u/hr (30min segments) 0.05u/hr increments	48 basal time segments (can change every half hour)	7 basal patterns (standard, exercise, holiday, pattern A/B/C/D)	90 days stored on PDM, unlimited in Apps and EasyView online data management portal (PWD & HCP), diasend compatible	1 week – PDM uses charging cable for internal battery/patch reservoir (disposable); powered by 2 button batteries (1.5V)	Patch, yes: IPX8 (up to 2.5m for 60min). PDM, no: IP22 (splashproof)	<ul style="list-style-type: none"> • World's first Sensor Augmented Patch Pump with PLGS & LGS • Modular: start with Pump, CGM or combine for SCL • Colour touchscreen with menu icons <p>www.medtrum.co.uk</p>
 MiniMed 670G Medtronic	9.6 x 5.3 x 24	102g	40 x 30	Black	0.025u/hr (0.025 min–35u/hr max)	288. Basal rates are automatically adjusted every 5 minutes when using auto mode	Profiles not needed: basal rates automatically adjusted every 5 minutes when using auto mode	User settings & pump history are stored in non-volatile memory which will retain data. The memory size holds 90 days' pump history	2 weeks without sensors, 1 week with sensors	IPX8 (3.6m for 24 hours)	<ul style="list-style-type: none"> • The world's first commercially available self-adjusting insulin pump • Only system to achieve Time in Range goal of 70% • System protects from both highs & lows <p>www.medtronic-diabetes.co.uk/insulin-pump-therapy/minimed-670g-system</p>
 Accu-Chek Combo Roche Diabetes Care	8.2 x 5.6 x 2.1	110g, including batteries, cartridge & infusion set	Pump: 600. Handheld: 945	Pump skins: black, white, yellow, turquoise, pink, blue	0.01u/hr	24/day	5	1,000 diary entries (handheld); permanent memory (pump). Time & date stored for 1 hour after battery removed. Other pump settings & event memory saved regardless of battery status	Uses lithium batteries. Pump: 200 days Bluetooth off; 80 days Bluetooth on. Handheld: 3–5 weeks	IPX8 (60 mins at 2.5m)	<ul style="list-style-type: none"> • Incorporates the Accu-Chek clinically proven Bolus Advisor • The first insulin pump operated by a remote handset • Compatible with Accu-Chek Smart Pix & Accu-Chek 360° download software <p>www.accu-chek.co.uk/insulin-pumps</p>
 Accu-Chek Insight Roche Diabetes Care	7.5 x 5.2 x 1.6	115g, including batteries, full cartridge & infusion set	Pump: 570. Handset: 2,535	Black	0.01u/hr	Up to 24/day	5	2,000 diary entries (handheld); permanent memory (pump). Time & date stored for 1 hour after battery removed. Other pump settings & event memory saved, regardless of battery status	Pump uses lithium AAA batteries: 14 days Bluetooth off. Handset battery rechargeable: 3 days of normal usage	IPX8 (1.3m for 60 minutes)	<ul style="list-style-type: none"> • Incorporates the Accu-Chek clinically proven Bolus Advisor • Very low minimum basal rate (0.02 units/hour) • Pre-filled cartridge <p>www.accu-chek.co.uk/insulin-pumps</p>
 Accu-Chek Solo Micropump Roche Diabetes Care Launching first half 2020	Micropump: 6.3 x 3.9 x 1.4. Diabetes Manager: 12.4 x 6.4 x 1.7	Micropump: 29g (when filled with insulin). Diabetes Manager: 140g	Diabetes Manager: 89	Micro-pump: white. Diabetes Manager: black	0.01u/hr	Up to 24/day	5	5,000 BG tests, 5,000 log book entries, 5,000 pump events	Reservoir: up to 4 days. Diabetes Manager: up to 2 days on a single charge	Micropump: IP22 (splashproof only, not waterproof). Diabetes Manager: IP20	<ul style="list-style-type: none"> • Tubeless, lightweight & discreet • Ability to quickly bolus off the micropump itself without needing the diabetes manager (handset) • Can input a BG reading from CGM/Flash monitor, or use the in-built test strip port <p>www.accu-chek.co.uk/insulin-pumps</p>
 mylife Ypsopump Ypsomed	7.8 x 4.6 x 1.6	83g, including battery & filled cartridge	656	Black	0.00u/hr, 0.01u/hr, 0.02u/hr, 0.1u/hr, 0.5u/hr	24/day	2	Therapy data: 500 events displayed (total of 3,000 stored in the pump). Alarm history: 100 events displayed (total 200 stored in the pump)	Approx 30 days' average use	IPX8 (1m for up to 60 minutes)	<ul style="list-style-type: none"> • Small, lightweight, compact design • Icon based, language neutral touchscreen • Self-filled reservoir or pre-filled pump cart compatible <p>www.mylife-diabetescare.com</p>

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Manufacturer contact details

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Abbott	www.freestylediabetes.co.uk	0800 170 1177
Advanced Therapeutics	www.atuk.ltd	01926 833273
AgaMatrix Europe Ltd	www.agamatrix.co.uk	0800 093 1812
Ascensia Diabetes Care	www.diabetes.ascensia.co.uk	0345 600 6030
Astra Zeneca	www.astrazeneca.co.uk	0800 783 0033
B Braun Medical Ltd	www.bbraun.co.uk	0800 840 0498
Boehringer Ingelham	www.boehringer-ingenheim.co.uk	01344 424600
Cambridge Sensors Ltd	www.microdot.biz	01480 482920
Dexcom	www.dexcom.com/en-gb	0800 031 5761
Glaxo Smith Kline	uk.gsk.com	0800 221 441
Glenmark Pharma	www.glenmarkpharma.com	01923 202950
Glucomen	www.glucomen.co.uk	0800 243 667
Glucorx Ltd	www.glucorx.co.uk	01483 755133 / 0800 007 5892
Insulet Corporation	www.myomnipod.com	0800 011 6132
Lilly	www.lillydiabetes.co.uk	01256 315000
Medtronic	www.medtronic-diabetes.co.uk	01923 205167
Medtrum	www.medtrum.co.uk	01923 312391
Merck	www.merckgroup.com/uk-en	0208 818 7373
Merck Sharp & Dohme	www.msdl-uk.com	01992 467272
Mylan	www.mylan.co.uk	0800 1218 267
Napp Pharmaceutical	www.napp.co.uk	01223 424444
Nipro Diagnostics UK Ltd	www.nipro-diagnostics.co.uk	0800 085 8808
Novartis	www.novartis.co.uk	01276 692255
Novo Nordisk	www.novonordisk.co.uk	0845 600 5055
Owen Mumford	www.owenmumford.com	0800 731 6959
Pfizer	www.pfizermedicalinformation.co.uk	01304 616161
Roche Diabetes Care	www.accu-chek.co.uk	0800 701 000 Insulin Pump Careline: 0800 731 2291
Sanofi	www.sanofi.co.uk	0800 035 2525
Servier	www.servier.co.uk	01753 666409
Spirit Healthcare	www.spirit-healthcare.co.uk	0800 881 5423
Takeda Pharmaceutical	www.takeda.com/en-gb	01628 537900
Trividia Health	www.trividiahealth.co.uk	0800 689 5035
VivaChek	www.vivachekdiabetes.co.uk	0800 612 7531
Wockhardt	www.wockhardt.co.uk	01978 661261
Ypsomed Ltd	www.mylife-diabetescare.com	0344 856 7820



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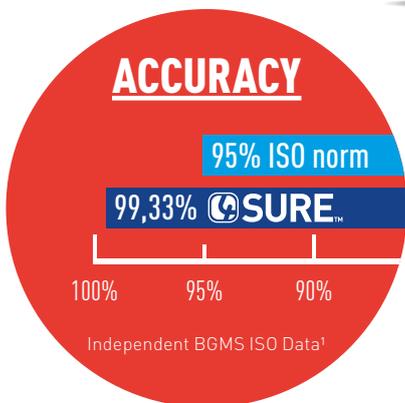
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1. Assessment of System Accuracy, Intermediate Measurement Precision, and Measurement Repeatability of a Blood Glucose Monitoring System Based on ISO 15197. Jendrike N, et al., J Diabetes Sci Technol. 2018 Dec 14.

*Price for 50 blood glucose test strips < £ 9.00, conform national guidelines.