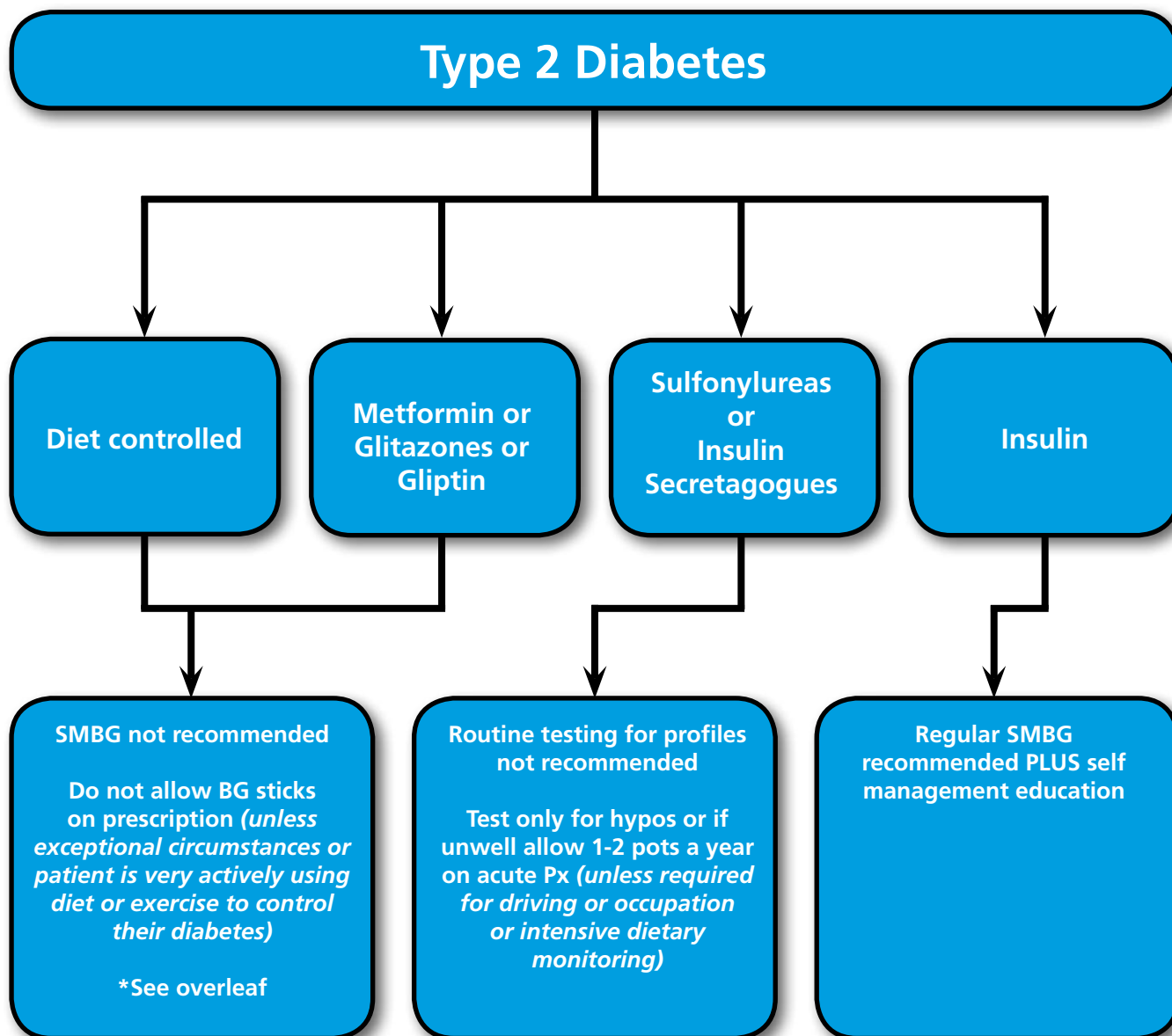


Guidelines for Self Blood Glucose monitoring



See overleaf for information on SBGM in pregnancy

Patients that may be required to undertake Self Blood Glucose Monitoring (SBGM) more often;

- Patients that are using SBGM to monitor and adjust their diet in a weight reduction programme as part of their diabetes management.
- Patients in certain occupations that require extensive driving, operating of machinery or climbing may wish to undertake SBGM more often.

Diabetes and pregnancy (*known diabetics and if gestation diabetes develops*)

- Pregnant patients should be commenced on SBGM as soon as they are pregnant. They should be advised to test before all meals, 1 hr after every meal and at bedtime. The targets for glycaemic control are 4.0 -5.8 mmol/l before breakfast, < 7.8 mmol/l 1hr post meals and 6-8mmol/l at bedtime. They should be referred URGENTLY to the diabetes antenatal clinic to be seen there within 1-2 weeks - this can be facilitated by telephoning the diabetes specialist midwife based in antenatal clinic / via Miss Rutters secretary.
- Pre-pregnancy- patients who are planning pregnancy should be testing pre- breakfast, 2hrs after all meals and at bedtime and the targets for glycaemic control are as above. Patients should be referred for multidisciplinary team pre- pregnancy advice in the diabetes antenatal clinic.

Expiry dates

- The expiry dates of most blood glucose monitoring sticks are unaffected once the container is opened. There may be some products where the expiry date is reduced once the pot is opened and this may affected how many prescriptions a patient requires in a year.

NHS Rotherham Medicines Management Committee

Date: November 2011

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