

Blood glucose strip calculator and DVLA monitoring requirements

Frequency of testing	Example treatment groups	Comments	Strips required and prescription guidance
Not routinely offered	<ul style="list-style-type: none"> Type 2: diet and lifestyle Type 2: any combination of the following medications: <ul style="list-style-type: none"> Metformin Pioglitazone DPP-4 Inhibitors SGLT-2 Inhibitors GLP-1 Memetics Type 2 / non driver: stable on oral medication that may increase the risk of hypoglycaemia (Sulphonylureas [SUs] or Glinides) 	May be required short-term: <ul style="list-style-type: none"> When starting oral or intravenous corticosteroids During periods of acute illness Following a treatment change As a learning tool following diagnosis and/or structured education When planning pregnancy To confirm suspected hypoglycaemia 	50 strips on an acute prescription using a meter with a 6-month expiry or longer on strip life once exposed to air
Testing up to once a day	<ul style="list-style-type: none"> Type 2 / driver: stable on SUs or Glinides Type 2 / non-driver: stable on once daily insulin regimen 	DVLA information overleaf for the rest of the categories. (also applicable if operating machinery)	4 x 50 strips per annum (acute prescription or repeat but encourage not to tick repeat box every month)
Testing twice a day	<ul style="list-style-type: none"> Type 2 / drivers: unstable on SU's or Glinides Type 2: during period of adjustment on once daily insulin regimen Type 2: stable on basal plus or twice-daily insulin regimen Type 1: Group 1 drivers using Interstitial glucose monitoring systems 	DVLA information overleaf <ul style="list-style-type: none"> SU's: to identify hypoglycaemia (especially after initiation or dose increases) SU's: during a period of fasting 	8 x 50 per annum (50 strips per month but encourage not to tick repeat box every month)
Testing four times a day	<ul style="list-style-type: none"> Type 2: Group 2 licence holders on SUs or Glinides Type 2 & Gestational: on diet & exercise (fasting and 1-hour post meal) Type 2 diabetes: during period of adjustment on basal plus and twice-daily insulin regimens Type 1 & Type 2: minimum on a basal bolus regimen		15 x 50 per annum (100 strips on repeat prescription every month but encourage not to tick repeat box every month)
Testing up to ten times a day	<ul style="list-style-type: none"> All Group 2 licence holders on insulin Type 2 & Gestational: during pregnancy on multiple daily insulin regimen Type 1 Diabetes if any of the following apply: <ul style="list-style-type: none"> Target Hba1c is not achieved The frequency of hypoglycaemic episodes increases There is a legal requirement to do so (such as before driving) During illness When planning pregnancy, during pregnancy and while breast feeding If there is a need to know blood glucose levels more than four times a day for other reasons (e.g. impaired awareness of hypoglycaemia, high-risk activities)		May require up to 300 strips on repeat prescription 72 x 50 Consider the use of continuous blood glucose monitoring as an alternative. Not permitted for Group 2 drivers on insulin.

The following excerpts taken from the DVLA's Assessing Fitness to Drive (March 2019)

Managed by tablets which carry a risk of inducing hypoglycaemia. This includes Sulphonulreas and Glinides.

- Group 1 licence: it is appropriate to offer set monitoring of blood glucose at times relevant to driving to enable the detection of hypoglycaemia.
- Group 2 licence: regular self monitoring of blood glucose at least twice daily and at times relevant to driving, i.e. no more than two hours before the start of the first journey and every two hours while driving.

Insulin treated

- Group 1 and Group 2 licence: glucose testing no more than 2 hours before the start of the first journey and every 2 hours after driving has started. More frequent testing may be required with any greater risk of hypoglycaemia (physical activity or altered meal routine). A maximum of two hours should pass between the pre-driving glucose test and the first glucose check performed after driving has started.
- Specific to Group 2 licence:
 - regular blood glucose testing – at least twice daily including days when not driving
 - use one or more glucose meters with memory functions to ensure 3 months of readings will be available for assessment.

Interstitial glucose monitoring

- Group 1 licence: users of these systems must carry capillary finger prick glucose testing equipment for driving purposes as there are times when a confirmation finger prick blood glucose level is required – when glucose is 4.0mmol/L or below, when symptoms of hypoglycaemia are experienced, when the glucose monitoring systems gives a reading that is not consistent with the symptoms being experienced.
- Group 2 licence: Interstitial glucose monitoring is not permitted for the purpose if group 2 driving and licensing.

References

Diabetes UK (2012) Position statement: self monitoring of blood glucose for adults with type 1 diabetes

Diabetes UK (2013) Position statement: Self monitoring of blood glucose for adults with type 2 diabetes

DVLA (February 2020) Assessing Fitness to Drive: a guide for medical professionals. Available www.gov.uk/dvla/fitnesstodrive (accessed June 2020)

NICE NG3 (2015) Diabetes in pregnancy: management of diabetes and its complications from preconception to the postnatal period

NICE NG17 (2015) Type 1 diabetes in adults: management

NICE NG28 (2015) Type 1 diabetes in adults: management

Trend UK (2014) Blood glucose monitoring guidelines: consensus document