

FreeStyle Optium® blood glucose and FreeStyle Optium® β-ketone test strips

The Pan Mersey Area Prescribing Committee recommends the prescribing of FreeStyle Optium® blood glucose and FreeStyle Optium® β-ketone test strips only for use with FreeStyle Libre® specifically in patients who are using carbohydrate counting/ bolus advice.

AMBER following specialist recommendation

FreeStyle Optium® blood glucose and FreeStyle Optium® β-ketone test strips are more expensive than many alternative blood glucose and ketone test strips⁽¹⁾. They are compatible with the FreeStyle Optium Neo® blood glucose and ketone meter which is **not** recommended as a [preferred meter](#) by the Pan Mersey APC⁽²⁾. **FreeStyle Optium® blood glucose and FreeStyle Optium® β-ketone test strips should not normally be prescribed for use with FreeStyle Optium Neo® blood glucose and ketone meter.** Preferred alternative combined blood glucose and ketone meters using less expensive test strips are listed in the [Pan Mersey guideline](#).

However where a person fits the [criteria](#)⁽³⁾ for use of FreeStyle Libre® flash glucose monitor and is also using carbohydrate counting/ bolus advice then FreeStyle Optium® blood glucose strips are not significantly more expensive than strips used in alternative suitable meters, and their use in the FreeStyle Libre® handset avoids the need to use a separate carbohydrate counting/ bolus advising meter and a separate ketone meter.

Note: Patients who are not eligible for treatment under this statement may be considered on an individual basis where their GP or consultant believes exceptional circumstances exist that warrant deviation from the rule of this policy. In this situation, follow locally defined processes.

FreeStyle Optium® blood glucose and FreeStyle Optium® β-ketone test strips

Effectiveness

N/A

Safety

N/A

Cost

FreeStyle Optium® blood glucose strips: £16.30 per 50 strips

FreeStyle Optium® β-ketone test strips: £21.94 per 10 strips

Pan Mersey APC recommended blood glucose strips: £8.99 - £9.95 per 50 strips

Pan Mersey APC recommended blood ketone strips: £9.92 - £9.95 per 10 strips

Accu-Chek Aviva® blood glucose strips: £16.21 per 50 strips

FreeStyle Lite® blood glucose strips: £16.41 per 50 strips

Patient factors

Use in the FreeStyle Libre® handset avoids the need to use a separate carbohydrate counting/ bolus advising meter and a separate ketone monitoring meter

Prescribing information

N/A.

Implementation notes

Where a patient subsequently no longer meets the Pan Mersey [criteria](#)⁽³⁾ for use of FreeStyle Libre® flash glucose monitor then blood glucose and ketone monitoring should be carried out using strips included in the Pan Mersey [guideline](#).

References

1. Drug Tariff [October 2019](#)
2. Pan Mersey Area Prescribing Committee Prescribing Guideline: [Blood Glucose and Ketone Meters, and Testing Strips](#), May 2019
3. Pan Mersey Area Prescribing Committee Prescribing Policy statement: [Flash Glucose Monitor \(FreeStyle Libre®\)](#), May 2018