

## Lancets for self-use briefing

This bulletin should be read in conjunction with [Bulletin 212: Diabetes Testing Strips](#) in relation to appropriate frequency of blood glucose monitoring.

### Key recommendations

- Ensure that prescribing of lancets is cost-effective and in line with current guidance, including ensuring that quantities on prescription are appropriate for single use only and in line with the frequency of recommended testing.
- Start new patients requiring lancets on the most cost-effective lancets; costing  $\leq$ £3 per 100 lancets.
- Review all patients prescribed lancets for suitability for switching to a product costing  $\leq$ £3 per 100 lancets, where appropriate. As with all switches, these should be tailored to the individual patient.
- Once organisations have made their lancet formulary choices, they may wish to contact lancet manufacturers for a supply of lancing devices to give to their patients if the lancing device supplied with the patient's blood glucose meter is not compatible with the lancets.
- Any change to a patient's lancing device should include discussion with a healthcare professional to ensure they receive advice on the correct technique and are supplied with a new lancing device if needed.
- Safety lancets (to prevent injury to health and social care professionals from the recapping of needles) should not be prescribed as it is the responsibility of the health or social care worker's employer to provide these.
- Patients self-testing and using safety lancets, should be switched to cost-effective alternative lancets.
- Ensure that suitable containers are available to the patient for collecting used needles and other sharps, including lancets. The following containers can be prescribed on an NHS FP10 prescription: MySharps® pocket container and sharps bins in a range of sizes – Sharpsafe®, SharpSafety® and Sharpsguard®.

### Savings Available

There is a significant difference in cost between the different lancets available. In England and Wales, approximately £12.4 million is spent on lancets per year (NHSBSA May -July 20). **Switching to lancets costing  $\leq$ £3 per 100 lancets could release savings of up to £1.5 million across England and Wales. This equates to savings of £2,406 per 100,000 patients across England and Wales.**

Prescribing of lancets should take into consideration cost-effectiveness and consider the individual needs and preference of the patient. New patients requiring lancets for self-use should be commenced on the most cost-effective product that is appropriate for the individual and the quantity and frequency of prescribing should be aligned with the appropriate frequency of testing and an appropriate quantity of corresponding testing strips.

All suitable patients should be switched to lancets costing  $\leq$ £3 per 100 lancets. Currently the most cost-effective lancets are: **Droplet® or Microdot Plus®**.<sup>1</sup> Both of these are available in a range of sizes (length and gauge of needle) and are considered compatible with most lancing devices.<sup>2,3</sup> Manufacturers can be contacted to obtain supplies of compatible lancing devices if needed.<sup>3</sup>

Lancets are usually used in combination with a lancing or finger pricking device which uses a spring to drive a single use lancet into the skin and retract it very quickly. Lancing devices are not available for prescribing on the NHS but an alternative compatible device can be obtained, often free of charge, from the relevant manufacturer.<sup>3</sup> Lancing devices also come with a patient's blood glucose meter, although the brand of lancing device and meter do not need to be the same as many lancets are compatible with a range of lancing devices.<sup>4</sup>




Children or patients with dexterity issues who are self-testing may need to try different lancing devices to determine which type of device is easier for them to use. Multi-device lancets (Fastclix®) contain a preloaded lancet drum which can be useful for those with a clinical need e.g. patients with dexterity problems, significant needle phobia or visual impairment.<sup>5</sup>

Safety lancets are designed to prevent needle stick injuries to health and social care professionals and so should be provided by the health or social care worker's employer if the patient is not able to self-test.<sup>6</sup>

**Safety lancets should not be prescribed on an NHS FP10 prescription, unless for exceptional circumstances only, e.g. for use by people who are not employees in the health and social care sectors, but are using a lancet on a patient where there is a risk of disease transmission, such as HIV or hepatitis.**

## References

1. NHS Business Services Authority. Drug Tariff October 2020. <https://www.nhsbsa.nhs.uk/pharmacies-gp-practices-and-appliance-contractors/drug-tariff>
2. HTL-Strefa high tech lab. Personal lancets. <https://htl-strefa.com/products/personal-lancets/> Accessed 14/10/20
3. Personal communication. Cambridge Sensors Ltd. 13/10/20.
4. Monthly Index of Medical Specialities (MIMS). August 2020. <https://www.mims.co.uk/>
5. Accu-Chek FastClix Finger Pricker Product Support Website. 2020. Last accessed 28/07/20. <https://www.accu-chek.co.uk/help/finger-prickers/fastclix>
6. Health and Safety Executive (HSE). Health and Safety (Sharp Instruments in Healthcare) Regulations 2013. Guidance for employers and employees. Health Services Information Sheet 7. March 2013. <https://www.hse.gov.uk/pubns/hsis7.pdf>

Additional resources available	 Bulletin	<a href="https://www.prescqipp.info/our-resources/bulletins/bulletin-276-lancets/">https://www.prescqipp.info/our-resources/bulletins/bulletin-276-lancets/</a>
	 Tools	
	 Data pack	<a href="https://data.prescqipp.info/#/views/B276_Lancets/FrontPage?:iid=1">https://data.prescqipp.info/#/views/B276_Lancets/FrontPage?:iid=1</a>

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