

CONSIDERATIONS WHEN PRESCRIBING INSULIN IN PRIMARY CARE

INSULIN BY BRAND NAME

This is important now that biosimilar insulins are available. This will ensure that the intended insulin for use, in the delivery device that the person has been trained to use, is dispensed.

CORRECT INSULIN DELIVERY DEVICE

Commonly, insulin is available in pre filled disposable pens, 3ml cartridges and 10ml vials. Electronic prescribing drop down menus can make it easy to select the wrong device in error. Not all insulins are available in all devices.

INSULIN PEN NEEDLES

The 4mm length pen needle is recommended for most people, 5mm may be acceptable for people living with obesity. NHS England suggest that insulin pen needles should not exceed £5 per 100 needles. If district nurses or carers are administering insulin on the behalf of a patient, a safety needle should be used. Please refer to local formulary for guidance.

SHARPS BOX

4L is a good size as 1L get filled up quickly. Follow local guidance for sharps collection services.

PRESCRIBE ENOUGH INSULIN TO LAST AT LEAST A MONTH

As insulin doses are titrated, the amount needed per month will increase. It is advisable to request a new prescription when 2 pens or cartridges are left, ensuring a backup is still available.

Total daily dose + 'air shots' ÷ number of units in the pen x 30 days = number of pens per month

Most prefilled pens contain 300 units of insulin, however higher concentration insulin pens contain more:

Humalog 200 units/ml KwikPen	600 units per pen
Lyumjev 200 units/ml KwikPen	600 units per pen
Toujeo 300 units/ml SoloStar pen	450 units per pen
Toujeo 300 units/ml DoubleStar pen	900 units per pen
Tresiba 200 units/ml FlexTouch pen	600 units per pen

CHECK IF A SPARE DEVICE IS NEEDED

If a person uses a reusable pen with 3ml insulin cartridges, a spare pen device should always be available in case of loss or breakage. Reusable cartridge pens can be prescribed via FP10.

NovoPen 6 & Echo Plus (smart pens)	Novonordisk 3ml penfill cartridges
HumaPen Savvio	Eli Lilly 3ml cartridges
AllStar PRO & Junior STAR	Sanofi 3ml cartridges
Autopen Classic	Wockhardt porcine 3ml cartridges

GLUCOSE MONITORING STRIPS AND LANCETS

Most strips come in pots of 50 and lancets in boxes of 100 or more. People using flash or rt-CGM monitoring devices will still require a small supply of glucose strips. Please refer to local formulary for approved meters and strips.

Glucose monitoring twice daily	100 strips per 30 days
Glucose monitoring four times daily	150-200 strips per 30 days
Using flash or rt-CGM	Approx. 50 strips every 90 days

KETONE MONITORING STRIPS

People with type 1 diabetes need access to ketone monitoring equipment at all times. Capillary blood ketone strips are preferable to urine ketone strips. Dual meters that measure both blood glucose and ketone levels are available. Please refer to local formulary for guidance.

For further information contact:

Tel: 0116 258 4674

www.edendiabetes.com

EDEN@uhl-tr.nhs.uk

[@EDEN_Leicester](https://twitter.com/EDEN_Leicester)



Leicester Diabetes Centre

