



# Diabetes Supplies 101

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# Disclosures: None

We will discuss different brands of supplies as examples. I don't make any money from pharmaceutical companies. I recommend prescribing whatever is covered by the patient's insurance!

# You're seeing your continuity patient Mr. D for a new diagnosis of diabetes with a HgbA1C of 11%.

- ▶ You discuss the diagnosis with him, counsel him on lifestyle changes and refer him to Nutrition.
- ▶ After shared decision-making, Mr. D is agreeable to starting insulin. You decide to start him on NPH 10 units BID.
- ▶ You schedule him for a nurse visit to learn how to administer insulin and check his blood sugars. You give him a blood glucose log to keep track of his blood sugars.
- ▶ Now you are putting in your orders in the EMR. **What do you need to order?**



# Diabetes Supplies

- ▶ **Glucose testing supplies**
  - ▶ Glucometer
  - ▶ Lancing device/lancets
  - ▶ Test strips
  - ▶ Alcohol swabs
- ▶ **Continuous glucose monitors**
- ▶ **PRN supplies**
  - ▶ Ketostix
  - ▶ Glucose tablets
- ▶ **Insulin supplies**
  - ▶ Syringes
  - ▶ Pens



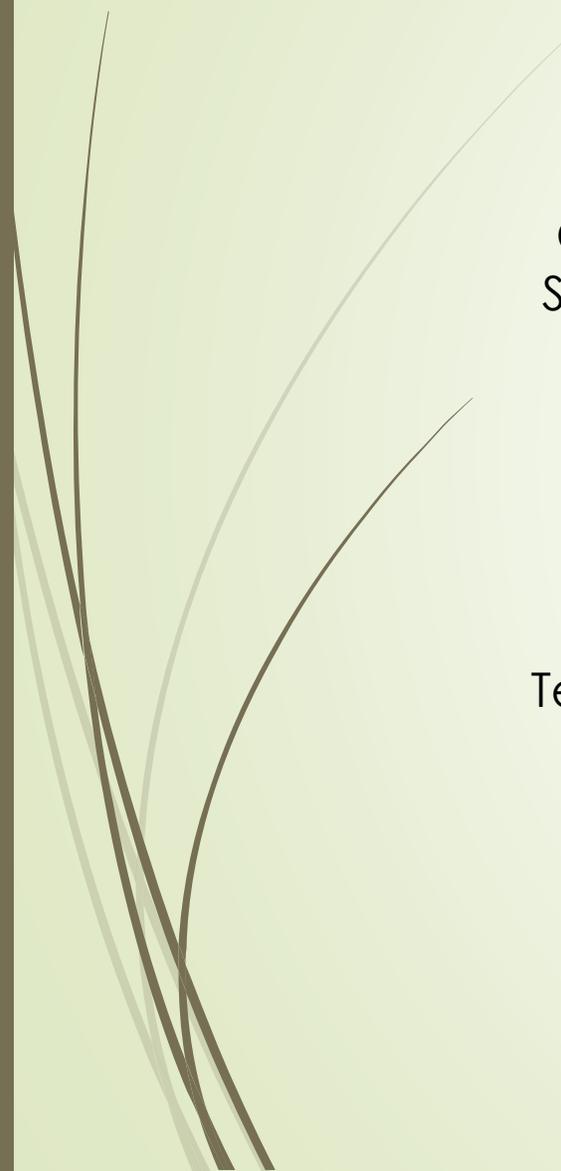


# Glucose Testing Supplies

# How to Check Your Blood Sugar

- ▶ <https://www.youtube.com/watch?v=Y7VjbLqkN50>





Control Solutions

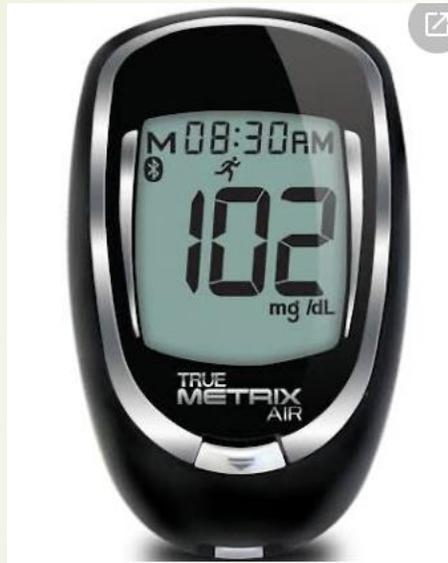
Test Strips

Lancets

Glucometer



# Glucometer



TRUE METRIX Blood Glucose Meter

**\$8.95**



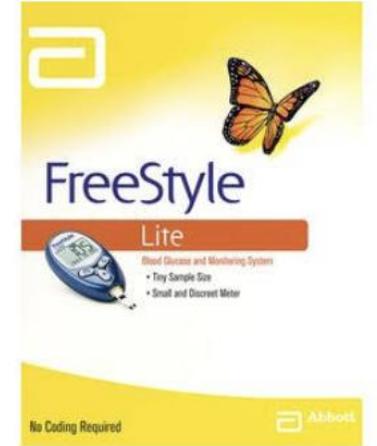
Assure Platinum Blood Glucose Meter

**\$11.21**



Accu-Chek Guide Blood Glucose Meter | Diabetic Monitors | CVS

**\$29.99**

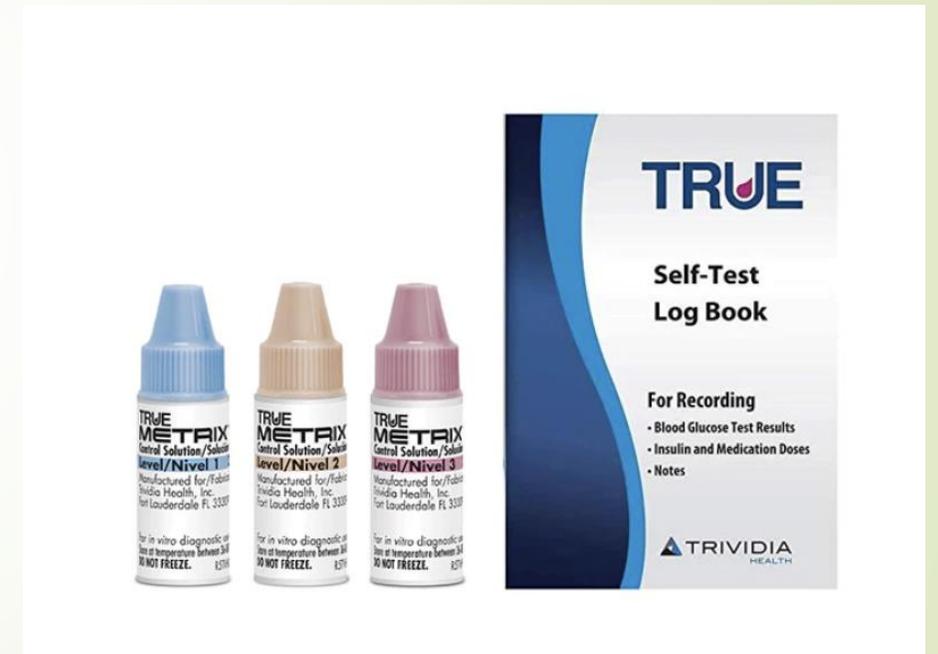


Freestyle Lite Blood Glucose Monitoring System | Diabetic Monitors | CVS

**\$21.99**

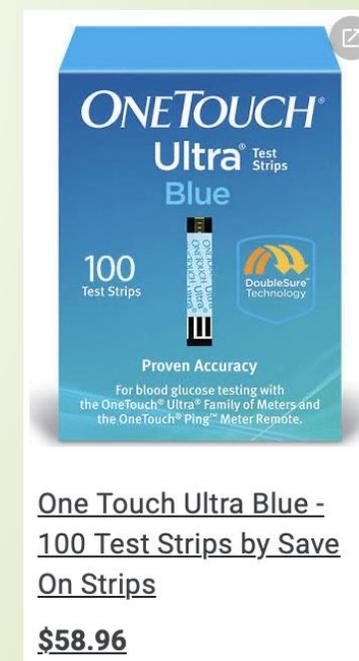
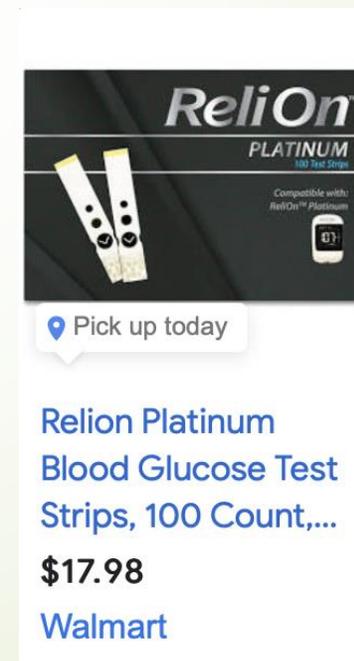
# Glucometer

- **Counseling tip!**
- Usually comes with 2-3 testing solutions to check the accuracy of your glucometer and test strips
  - Level 1: low BS
  - Level 4: high BS
- You do not have to order this, it will come with the glucometer



# Test Strips

- Have to match the same brand as the glucometer
- Usually the most expensive of the diabetes supplies
- Comes in boxes of 50 or 100 strips
  - **Important:** Specify # of strips rather than # of boxes, otherwise the patient may not get enough test strips!
- Write how many times you want the patient to test in the prescription





# Test Strips – Medicare Coverage

- ▶ Medicare coverage of testing supplies
  - ▶ Oral medications = once a day
  - ▶ On insulin = three times a day
- ▶ If going over these limits, you have to indicate a reason
  - ▶ Hypoglycemia
  - ▶ Type I diabetes
- ▶ Make sure to associate orders with diabetes ICD 10 code

# Lancets

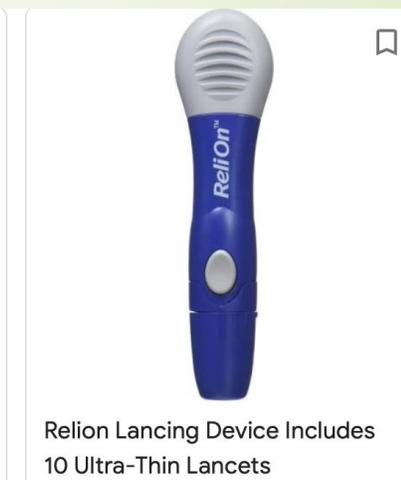
- Different types
  - Single use
  - Lancing drum (multiple needles)
  - Lancets with lancing device (have to match)
- Gauge
  - 30 gauge: smaller, less painful
  - 28 gauge: larger, useful for more scarred fingers
- Usually come in boxes of 100
- **Counseling tip!**
  - Prick sides of fingers (fewer nerves)
  - Switch fingers
  - Don't squeeze finger (lyses RBCs and releases glucose)



Accu-Chek FastClix Lancing Device Kit



ReliOn 30 Gauge Ultra Thin Lancets, 100 ct



ReliOn Lancing Device Includes 10 Ultra-Thin Lancets

# Alcohol Swabs

- ▶ Come in boxes of 100 or 200
- ▶ Make sure to order enough for use for testing BS and injecting insulin
- ▶ **Counseling tip!**
  - ▶ Always wipe finger and dry before checking blood sugar
  - ▶ Lotions, hand sanitizer or food particles on hand can artificially elevate blood sugars



Ems Alcohol Prep  
Pads - Box of 200

**\$3.99**

# Continuous Glucose Monitors

- ▶ Three parts
  - ▶ **Reader (one time purchase)**
  - ▶ **Sensor**
  - ▶ Software/receiver (smartphone app)
- ▶ FreeStyle Libre
  - ▶ 14-day sensor
  - ▶ Rx two for 1 month supply
- ▶ Dexcom
  - ▶ 10-day sensor
  - ▶ Rx three for 1 month supply





# PRN Supplies

# Urine Ketone Test Strips

- ▶ Checks for presence of ketones in the urine
- ▶ Consider prescribing if patient has type 1 diabetes or is at risk of DKA



**Ketostix**  
**Reagent Strips**  
**for Urinalysis...**

**\$9.89**

# Glucose Tablets

- Comes in tubes or a jar
  - Tubes easier to carry around
  - Each tablet is 4 grams
- 15/15 Rule for hypoglycemia
  - Take 15 grams (4 tablets) of glucose and recheck in 15 minutes



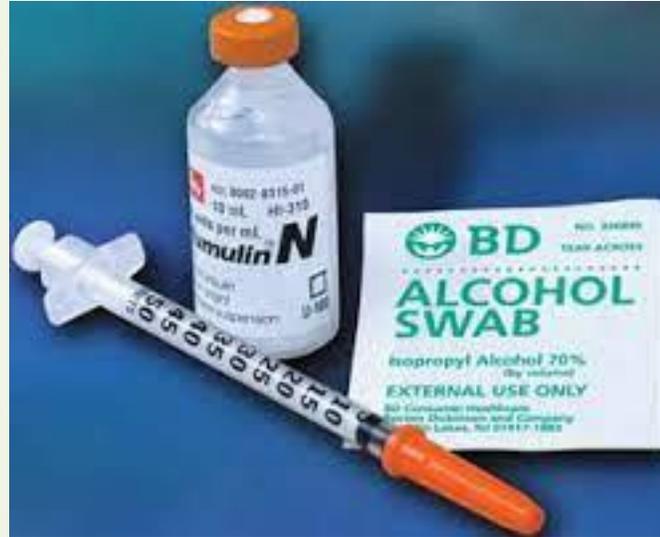
ReliOn Glucose, 50  
Tablets with On-...

**\$8.75**



# Insulin Supplies

# Insulin Supplies



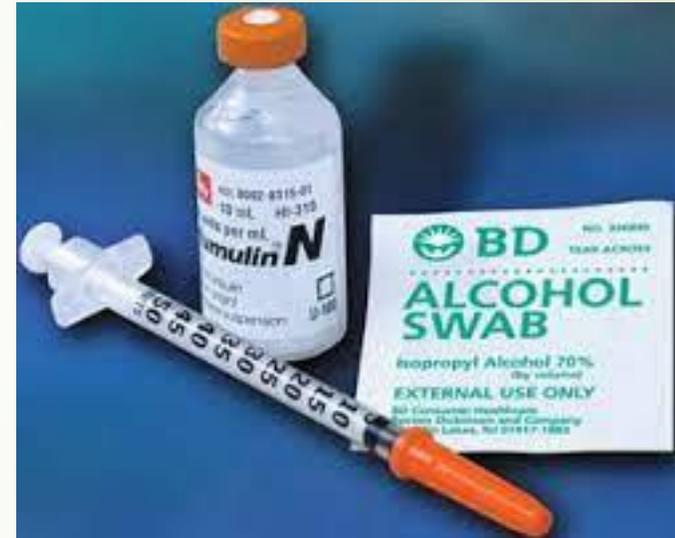
Insulin Vials



Insulin Pens

# Insulin Supplies for Vials

- **Insulin vial**
- **Insulin syringes with needle**
  - Volume
  - Needle Length
  - Needle Gauge
- **Alcohol swabs**



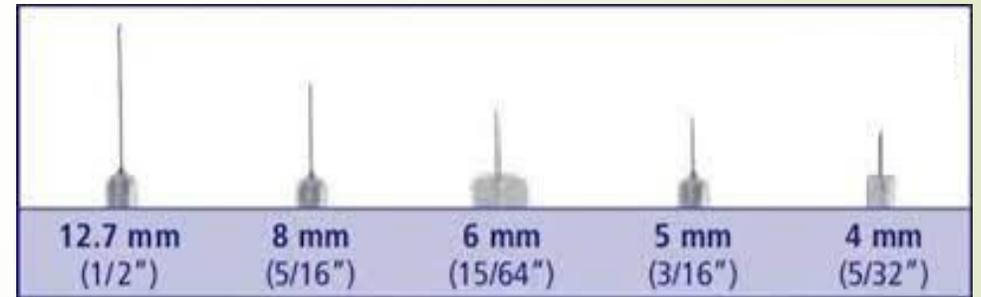
# Insulin Supplies for Vials - Syringes

- ▶ Syringe Volume (for U-100 insulin)
  - ▶ 30 units (0.3 mL)
  - ▶ 50 units (0.5 mL)
  - ▶ 100 units (1 mL)
- ▶ Some insulins can be mixed, so make sure to order the appropriate size for the total amount of insulin
  - ▶ NPH/regular
  - ▶ NPH/lispro
- ▶ Consider prescribing even numbers of insulin for higher doses



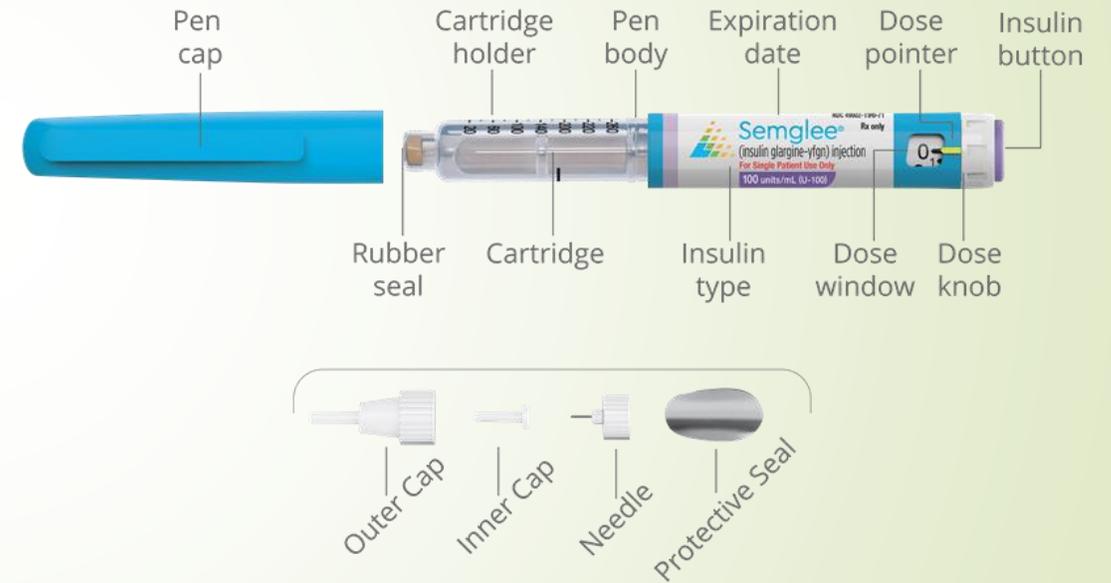
# Insulin Supplies for Vials - Syringes

- ▶ Syringe needle length
  - ▶ 4 mm
  - ▶ 5 mm
  - ▶ **6 mm**
  - ▶ 8 mm
  - ▶ 12.7 mm
- ▶ Syringe needle gauge
  - ▶ 29 gauge
  - ▶ **31 gauge**



# Insulin Supplies for Pens

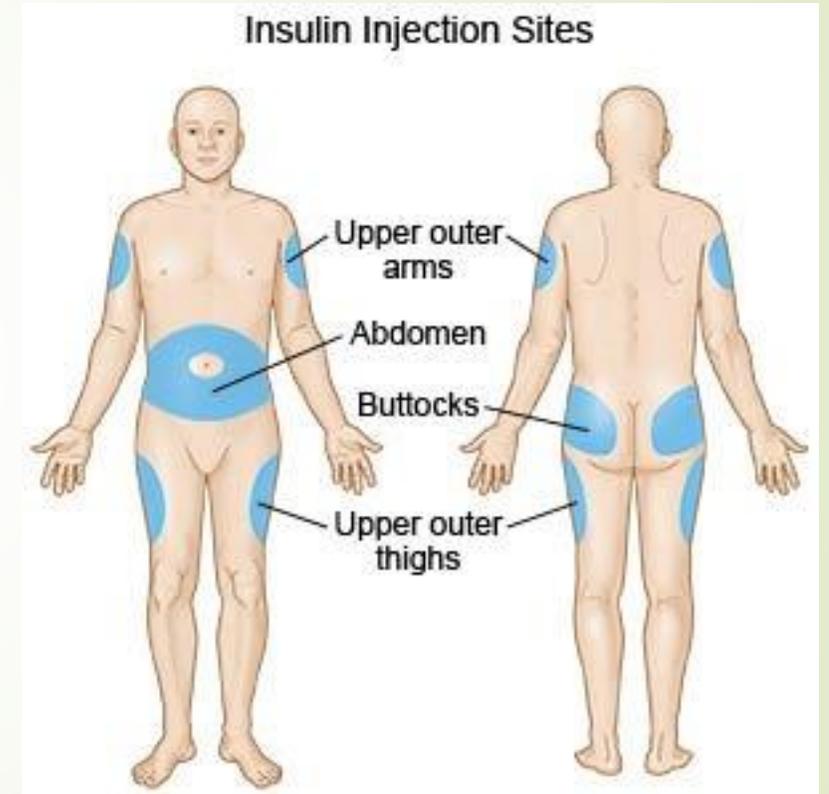
- **Insulin pen**
  - 1 pen = 3 mL = 300 units
  - Come in boxes of 5 pens
- **Insulin pen needles**
  - Length
    - **Nano: 4 mm**
    - Mini: 5 mm
    - Short: 8 mm
    - Original: 12 mm
  - Gauge
    - 29 gauge
    - **31 gauge**
- **Alcohol swabs**

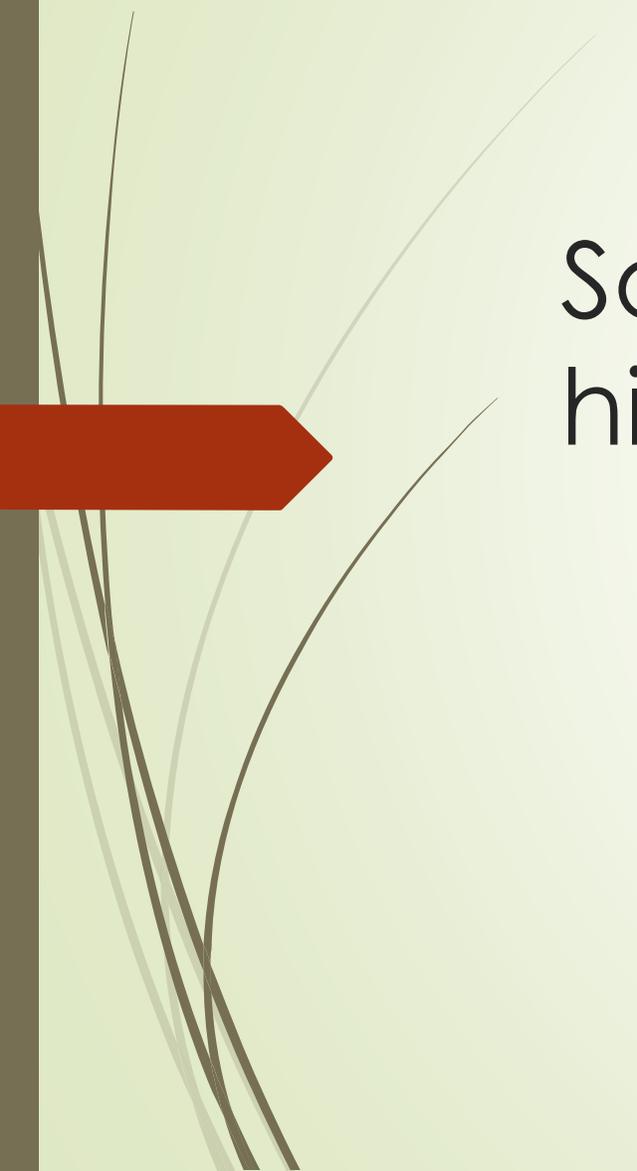


Not actual size

# Tips for Injecting Insulin

- ▶ Do not need to pinch up skin, just inject perpendicularly
- ▶ Rotate sites of injecting
- ▶ After injecting, leave the needle in the skin for 5 seconds before removing it to avoid leaking/waste of insulin





So back to Mr. D... let's prescribe  
him a three month supply!

# Mr. D's Prescriptions

## Testing Supplies

- ▶ Glucometer
  - ▶ Brand: per insurance coverage
  - ▶ Quantity #1



# Mr. D's Prescriptions

## Testing Supplies

- ▶ Test strips
  - ▶ Brand
    - ▶ Per insurance coverage
    - ▶ Matches the glucometer brand
  - ▶ Quantity
    - ▶ Use to check BS TID and prn hypoglycemia symptoms
    - ▶ 90/month = 270/3 months
    - ▶ #300 EA (not #3 boxes)



# Mr. D's Prescriptions

## Testing Supplies

- ▶ Lancets
  - ▶ Brand: per insurance coverage
  - ▶ Quantity
    - ▶ Use to check BS TID and prn hypoglycemia symptoms
    - ▶ 90/month = 270/3 months
    - ▶ #300 EA or #3 boxes



# Mr. D's Prescriptions

## Testing Supplies

- ▶ Alcohol wipes
  - ▶ Brand: per insurance coverage
  - ▶ Quantity
    - ▶ Use to check BS TID and prn hypoglycemia symptoms
    - ▶ Use to inject insulin BID
    - ▶ 5/day = 150/month = 450/3 months
    - ▶ #500 EA or #5 boxes



# Mr. D's Prescriptions

## Testing Supplies

- ▶ Glucose tablets
  - ▶ Take 4 tablets prn hypoglycemia and recheck BS after 15 min, repeat as needed
  - ▶ Quantity
    - ▶ 3 tubes



# Mr. D's Prescriptions

## If Rx Vial Insulin Supplies (NPH 10 units BID)

- ▶ NPH insulin vial
  - ▶ 20 units/day = 600 units/month = 1800 units/3 months
  - ▶ 2 vials of NPH (each vial 10 mL = 1000 units)
- ▶ Insulin syringes
  - ▶ 30 unit (0.3 mL) syringes, 6 mm 31 gauge needle
  - ▶ 2 syringes/day = 180 syringes/3 months



# Mr. D's Prescriptions

## If Rx Pen Insulin Supplies (NPH 10 units BID)

- ▶ NPH pen
  - ▶ 20 units/day = 600 units/month = 1800 units/3 months
  - ▶ 6 pens (each pen is 3 mL = 300 units)
- ▶ Pen needles
  - ▶ 4 mm 31 gauge
  - ▶ 2 needles/day = 180 needles/3 months



# Summary

- Don't just give a patient a glucose log, be sure they have all the supplies they need to actually check their blood sugar.
- For **vial insulin**, you also have to order syringes.
- For **pen insulin**, you also have to order pen needles.
- Make sure you are prescribing enough for a 3 month supply! Round up for all supplies and insulin dosages.

