

Changes to Approved Quantities of Blood Glucose Test Strips

Frequently Asked Questions

Why have the Approved Quantities changed?

If your diabetes is well-managed by diet or with pills, testing your blood sugar more often than recommended may bring limited benefit.

The new test strip quantities align with Canadian Diabetes Association evidence-based guidelines concerning blood glucose testing.

When does this change occur?

The changes in the approved quantities will occur on October 15, 2015. This will be the start of your first 365-day period.

How is my Approved Quantity Determined?

Your approved quantity will depend on the type of diabetic treatment you receive. Clients on insulin will not be affected by this change.

Your Treatment	Notes	Your Annual Approved Quantity
Managing diabetes with insulin	This higher quantity applies whether or not you are also taking other diabetes medications	3,650 strips
Managing diabetes with medication with a higher risk of causing low blood sugar	Examples: gliclazide (Diamicon®), glyburide (Diabeta®), repaglinide (Gluconorm®), chlorpropamide, tolbutamide	400 strips
Managing diabetes with medication with a lower risk of causing low blood sugar	Examples: acarbose (Glucobay®), linagliptin (Trajenta®), metformin (Glucophage®), pioglitazone (Actos®), rosiglitazone (Avandia®), saxagliptin (Onglyza®), sitagliptin (Januvia®), canagliflozin (Invokana®)	200 strips
Managing diabetes through diet/lifestyle therapy		200 strips

What if my medication changes?

The Drug Plan will recognize changes to your medication profile and will adjust your approved quantity accordingly.

How often should I be testing my blood?

Proper self-management of diabetes is very important to your overall health.

You should speak with your health care provider (e.g. diabetes educator, pharmacist, physician, nurse practitioner) to get the most up-to-date recommendations for your situation.

If you are meeting your target blood sugars levels, you may be able to test less often. If you aren't meeting your targets, you may need to test more frequently for a short period of time. Speaking with your health care providers will determine what is required for you.

The Canadian Diabetes Association (CDA) is a good source of information regarding blood glucose testing and many other diabetes topics.

<http://guidelines.diabetes.ca/PatientResources>

Further information is available on the CDA website including a self-monitoring Blood Glucose Tool.

<http://guidelines.diabetes.ca/bloodglucoselowering/smbgtoolpwd>

How will I know how many strips I have remaining in my 365 day period?

You or your pharmacist can contact the Drug Plan to clarify the number of test strips remaining in your 365-day period.

It is recommended that you have all your prescriptions filled at one pharmacy to ensure that your pharmacy has a complete history of all your medications and test strips that you have received in the past.

What if I need more than my approved quantity?

First, you need to speak to your health care provider. He/she will determine the appropriate testing frequency for you. If your required amount of blood glucose testing exceeds your approved quantity, your health care provider can send a request to the Saskatchewan Drug Plan to ask for an increase to your limit. The Drug Plan will consider these requests on a case-by-case basis based on established criteria.

What else can I do to manage my diabetes?

Maintaining healthy eating habits, having an active lifestyle and taking your medication as prescribed (if necessary) will help you keep your blood sugar levels within your target range.

Need more information about this or other Drug Plan program benefits?

Visit <http://formulary.drugplan.health.gov.sk.ca> or call the Drug Plan at: 1-800-667-7581 or 306-787-3317 in Regina