

BANES CCG TYPE 2 DIABETES PRIMARY CARE PRESCRIBING GUIDELINE

AT INTERVENTION OF HbA1c 48mmol/mol OR OVER:

Give lifestyle advice: Healthy eating, increased activity and smoking cessation.

WEIGHT LOSS MAY DELAY NEED TO START MEDICATION: 5% weight loss reduces HbA1c by 8mmol/mol on average, 10% weight loss reduces HbA1c by 13mmol/mol on average.

At 3 months if weight loss not achieved and HbA1c remains above target,
DO NOT DELAY STARTING TREATMENT

Refer to structured education services from Sirona: Link [Here](#)

BLOOD GLUCOSE MANAGEMENT:

Discuss nature and progression of the disease:

GOOD CONTROL EARLY LEADS TO REDUCED COMPLICATIONS LATER

AGREE INITIAL HbA1c TARGET, ASSESSED ON A CASE-BY-CASE BASIS:

PATIENT GROUP:	TARGET HbA1c:
Diet and lifestyle changes only	48mmol/mol
On metformin only	48mmol/mol
On gliclazide or other sulphonylurea	53mmol/mol
When risk of hypoglycaemia would be a particular issue eg professional drivers, those living alone, those with falls risk or impaired awareness of hypoglycaemia	At level to minimise hypos eg 53mmol/mol
Frail patients with reduced life expectancy (< 5years) and/or significant co-morbidities. For more guidance see Frailty Score on bathdiabetes.org: Link Here	Avoid levels below 58mmol/mol. Set individual target under 85mmol/mol

AVOID 'CLINICAL INERTIA': Review **EVERY 3 MONTHS** until at target

Do not delay starting treatment or stepping up (including insulin initiation) when targets are not met

SELF MONITORING OF BLOOD GLUCOSE:

ONLY CONSIDER IF:

- The patient is on insulin, gliclazide or other sulphonylurea
- The patient has had previous hypoglycaemia
- The patient is pregnant or planning to become pregnant
- It is required to cover short-term illness or changes to medication or when starting steroid treatment

USE GlucoRx brand METER, STRIPS, NEEDLES AND LANCETS (or other cost effective test strips at under £10/50 strips). Full BCAP Formulary guideline: Link [Here](#)

REDUCING THE RISK OF CARDIOVASCULAR DISEASE:

BLOOD PRESSURE:

Target 140/80mmHg or 130/80mmHg if eye, kidney or cerebrovascular damage is present.

Commence **ramipril 2.5mg once daily** and titrate dose up as tolerated. Follow the hypertension guidance within the NICE Type 2 Diabetes guideline NG28:

Link [Here](#)

Review after ONE MONTH or after every dose change and repeat until at target.

CHOLESTEROL:

If QRisk2 score over 10% commence statin.

Commence atorvastatin **20mg once daily** and set target of 40% reduction in non-HDL. (Ideally <2.5 mmol/L).

Follow BCAP lipid guideline:

Link [Here](#)

Review after THREE MONTHS and repeat until at target.

ANTI-PLATELET:

Do not offer to Type 2 diabetes patients with no cardiovascular disease (CVD).

For patients with existing CVD, commence **aspirin dispersible 75mg once daily**.

Review after any change to cardiovascular status.

N.B. This guideline does not attempt to cover all aspects of diabetes care (eg kidney and eye damage, foot care, pregnancy etc). For full details please refer to NICE Type 2 Diabetes pathway: Link [Here](#) bathdiabetes.org: Link [Here](#) and BCAP Formulary: Link [Here](#)

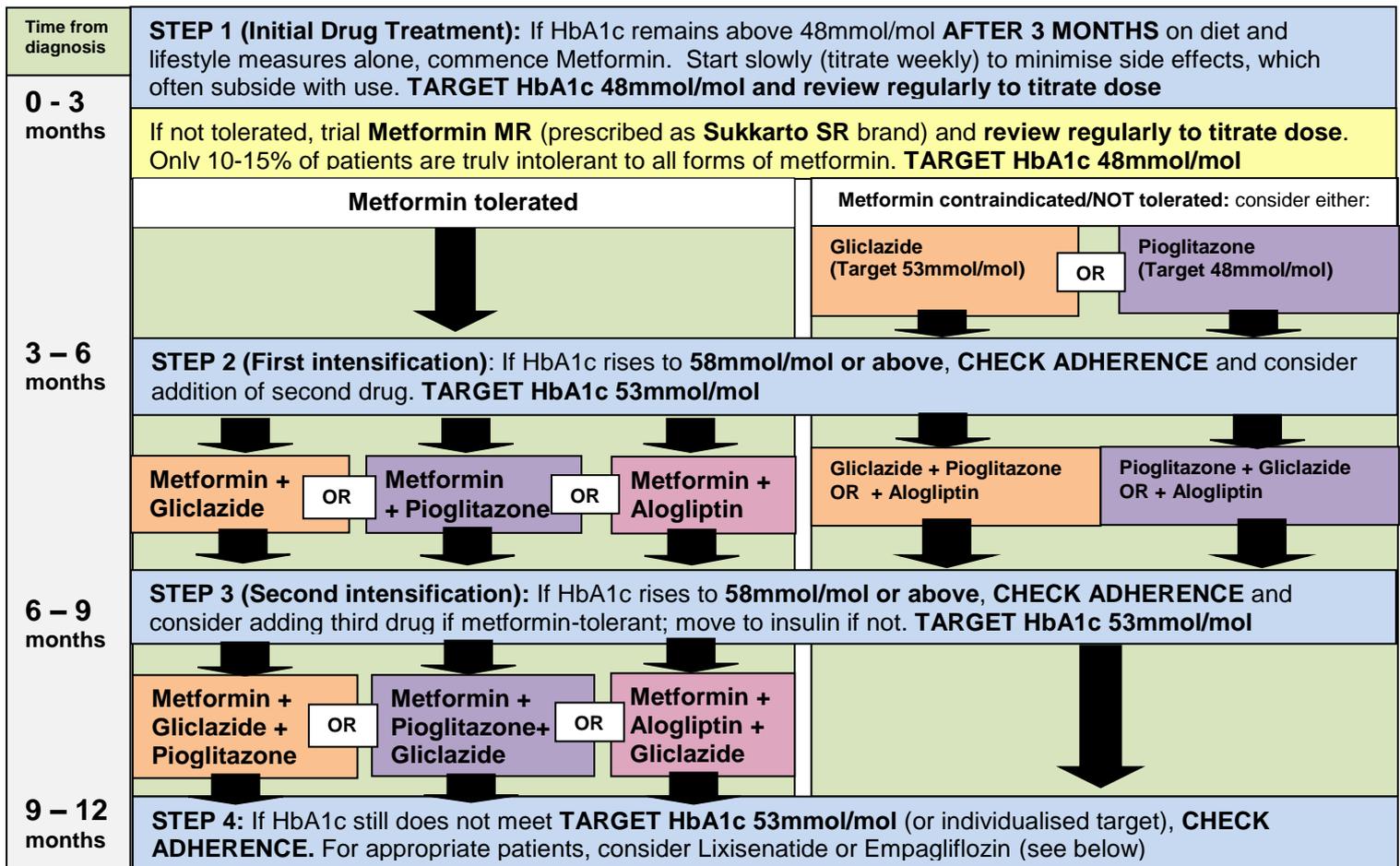
Contacts: Community Diabetes Specialist Nurses (9am-5pm) on 01225 824527 or 824529

Diabetes Nurse Facilitator Gaynor Kebbell 07703 973417

RUH Consultant Connect (9am-5pm) on 0744 1906809

DRUG TREATMENT TO REDUCE HbA1c IN TYPE 2 DIABETES

RESCUE THERAPY AT ANY STAGE OF TREATMENT: If patient is symptomatically hyperglycaemic consider insulin or gliclazide. Review treatment when blood glucose control has been achieved.



COMPARISON OF HYPOGLYCAEMIC AGENTS:

Metformin Immediate Release: 500mg daily for one week, increasing by 500mg a day every week as tolerated to a maximum of 2 x 500mg twice a day with breakfast and evening meal.

Not suitable for: Those with eGFR under 30mls/min/1.73m²

Side effects: GI, rarely lactic acidosis

Average HbA1c reduction: 12-15mmol/mol in 3 months – very dose dependent

Weight impact: neutral

Average 28 day cost: £3.44

Metformin MR (prescribed as Sukkarto SR brand) **Average 28 day cost:** £5.32 - £8.52

Gliclazide 80mg twice a day.

Test after one week and increase if necessary to 160mg twice a day.

Not suitable for: those for whom hypoglycaemia would be high risk

Average HbA1c reduction: 14mmol/mol (fast acting)

Weight impact: may increase by 2-3kg

Side effects: hypoglycaemia, GI

Average 28 day cost: £1.68 - £3.36

Pioglitazone 30mg once daily.

(15mg in frail elderly). Titrate to 45mg daily if tolerated.

Not suitable for: Existing or history of heart failure, bladder cancer or fractures

See MHRA warning Link: [Here](#)

Average HbA1c reduction: 14mmol/mol in 3 months

Weight impact: may increase by 1-2kg

Side effects: Oedema, heart failure, fractures

Average 28 day cost: £13.31-£17.29

Review after 3-6 months and stop if HbA1c not reduced by at least 5mmol/mol

Alogliptin 25mg once daily

(12.5mg if eGFR under 50mls/min/1.73m²)

Not suitable for: those more than 10mmol from target

Average HbA1c reduction: 6-8mmol/mol in 3-6 months

Weight impact: neutral

Side effects: Rare

Average 28 day cost: £26.60

Review after 3 months and stop if HbA1c not reduced by at least 5mmol

Lixisenatide 10mcg injectable once daily for 14 days then increase to 20mcg daily.

Stop gliptin but continue other oral hypoglycaemics

Suitable for: BMI>35; would benefit from weight loss

Average HbA1c reduction: 7-8mmol/mol in 6 months

Side effects: Nausea, pancreatitis

Weight impact: may reduce by 2-3kg

Average 28 day cost: £57.93-£63.34

Review after 6 months and stop if HbA1c not reduced by at least 11mmol **and** weight loss of at least 3%

Empagliflozin 10mg once daily

Warn patient to watch for signs of DKA: see MHRA warning Link: [Here](#)

Not suitable for: eGFR under 60, aged over 85

Average HbA1c reduction: 5-8mmol/mol in 6 months

Side effects: DKA risk, UTIs, thrush, postural hypotension

Weight impact: may reduce by 1.5 - 2kg

Average 28 day cost: £36.59

Review after one month to ensure a response is seen

If targets are still not met, move to insulin-based treatment (see separate guidance at bathdiabetes.org)