

Record Book & Diaries

These are available from either your NDSS outlet, your diabetes educator or the supplier of your blood glucose meter. Please note: record books for insulin pumps need to be ordered from the pump supplier. Some insulin pump companies have a small charge for their books.

Sharps Containers For Disposal Of Your Used Lancets & Needles

By law it is essential for needles and lancets to be placed in an approved sharps container. These are available free of charge from your local council or community health centre, and when full, should be returned for safe disposal.

City of Ballarat	P: 03 5320 5500
Ballarat Community Health	P: 03 5338 4500
Golden Plains Shire	P: 03 5220 7111
Hepburn Shire	P: 03 5348 2306
Moorabool Shire	P: 03 5366 7100
Melton Shire	P: 03 9747 7200
City of Greater Geelong	P: 03 5272 5272

About This Resource

This brochure has been developed by the Central Highlands Primary Care Partnership in consultation with diabetes clinicians as a way to assist and support you and/or your carer with your diabetes management.

It is not intended to replace health professional support and education.

We encourage you to seek further information from your general practitioner, diabetes educator and other health professionals.

Information was current at the time of development of the brochure however some changes over time are inevitable.

It is recommended to check with your health professional to see if there are any changes.

We wish you well with your diabetes self care and hope you find this brochure useful.

If you would like to provide feedback about this guide please contact:



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Diabetes Obtaining Diabetes Supplies



**Information on diabetes supplies
in the Central Highlands region.**

Image courtesy of photostock at FreeDigitalPhotos.net

National Diabetes Service Scheme (NDSS)

It is advisable to register with the National Diabetes Service Scheme (NDSS) to enable you to obtain diabetes consumables at a discounted government subsidised price from authorized NDSS outlets.

NDSS registration is free and open to all Australians diagnosed with diabetes.

To access the NDSS you will need to complete an orange NDSS registration form provided by your doctor, diabetes educator, NDSS outlet or you can download a form from www.ndss.com.au. The form must be fully completed and signed by your doctor or a credentialed diabetes educator.

Visit NDSS website for more information.

Blood Glucose & Urine Testing Strips.

These can be purchased at the NDSS outlets at a discount price, with the appropriate cards.

Blood testing strips can also be obtained with a prescription from your doctor or over the counter from a pharmacy.

Blood Glucose Meters

Your Diabetes Educator can advise you on the best meter/s to suit your needs and teach all aspects of blood glucose monitoring. They will also be aware of discount options, company promotions and the availability of free meters. Alternatively meters can be purchased from NDSS outlets or local pharmacies.

If you have private health insurance with ancillary cover you may be able to claim a rebate. A letter from your doctor stating that you require a blood glucose meter for monitoring your diabetes is required when making a claim.

The Department of Veterans' Affairs will supply a meter free of charge to gold card holders and to white card holders where diabetes is accepted as caused by their service.

Meters have a lifetime warranty and your meter company will provide you with a free replacement meter should yours be faulty or out of date. Batteries and record books are usually provided by the meter company free of charge.

Lancet Devices And Lancets

Lancets are available from NDSS outlets and most pharmacies but are not subsidised by the NDSS. Lancet devices are usually provided with your blood glucose meter, but can also be purchased separately at NDSS outlets and pharmacies. Do not share your lancet devices with other people, even if you change the lancet.

Medication & Insulin

These are available from pharmacies. A script from your doctor is required and it is advisable to speak with your diabetes educator prior to purchasing your insulin for the first time.

Reusable Pens For Giving Insulin

These can be obtained at no charge from your diabetes educator. They can advise you on the most suitable pens and needles to use and teach how to safely administer your insulin.