Assessment of eligibility:
HbA1c 7.0% and higher and
diabetes duration over 1 year and not requiring insulin and
age between 45-75 and performed self-monitoring less than 3
times in the previous year

Not eligible

Randomisation

Intervention group A:
Self-Monitoring of Blood Glucose (n=200)

Follow-up 1:
4 months after randomisation

Follow-up 2:
12 months after randomisation

Loss to follow up

Intervention group B:
Self-Monitoring of Urine Glucose (n=200)

Follow-up 1:
4 months after randomisation

Follow-up 2:
12 months after randomisation

Control group:
Usual diabetes care (n=200)

Follow-up 1:
4 months after randomisation

Follow-up 2:
12 months after randomisation

Loss to follow up