Similar Variability of Fasting and 24-h Self-Measured Plasma Glucose (SMPG) with Insulin Glargine 300 U/mL (Gla-300) vs Insulin Degludec 100 U/mL (IDeg-100) in Insulin-Naïve Adults with T2DM: the Randomised BRIGHT Trial

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BRIGHT was an open-label, randomised, parallel-group, 24-week study in insulin-naïve participants with uncontrolled T2DM, investigating efficacy and safety of Gla-300 and IDeg-100. Participants were randomised to Gla-300 or IDeg-100, titrated to a target fasting SMPG of 4.4–5.6 mmol/L. The primary objective (non-inferiority of Gla-300 vs IDeg-100 in HbA1c change from baseline to week 24) was met. Secondary endpoints, presented here, included change in variability of fasting and 24-h SMPG. Eight-point SMPG profiles were similar for both groups at week 24. Mean baseline coefficient of variation (CV) of ≥3 fasting SMPG measurements over 7 days was 13.73% and 14.63% for Gla-300 and IDeg-100, respectively. Change in fasting SMPG variability (SE) to week 24 was 1.49% (0.39) and 1.97% (0.39) for Gla-300 and IDeg-100 (least squares [LS] mean difference [95% CI] −0.48 [−1.49 to 0.53]). Mean baseline CVs for 8-point profiles (24-h SMPG) were 22.60% and 23.41% for Gla-300 and IDeg-100. Mean change in 24-h SMPG variability (SE) was 3.70% (0.59) and 3.95% (0.60) for Gla-300 and IDeg-100 at week 24 (LS mean difference −0.25 [−1.72 to 1.22]). In summary, Gla-300 and IDeg-100 had similar variability of fasting and 24-hr SMPG over the 24-week treatment period in BRIGHT.