

## FreeStyle Libre® primary care information sheet

### **What is FreeStyle Libre®?**

The FreeStyle Libre® flash glucose monitoring system is a device for the self-monitoring of glucose levels. Unlike traditional finger-prick devices (that measure the glucose level in the blood), Libre® measures the glucose level in the interstitial fluid, via a sensor that sits just under the skin. It updates readings every minute and stores data every 15 minutes. FreeStyle Libre® is licensed for adults and children above the age of 4.

### **Is this a replacement for fingerpick blood glucose testing?**

As Libre® measures interstitial glucose, it is not a complete substitute for blood glucose testing. Blood glucose measurements are required in certain circumstances, including:

- during times of rapidly changing glucose levels e.g. exercise,
- to meet Driving and Vehicle Licensing Authority requirements,
- when the FreeStyle Libre® reader results do not correspond with the user's symptoms e.g. patient feels hypoglycaemic but the FreeStyle Libre® is showing a higher glucose reading



Patients will continue to require prescriptions for blood glucose testing strips on prescription for the situations highlighted above; the expected amount will be detailed on the initiation documentation. Please note that if FreeStyle Libre® has been prescribed for users of high numbers of test strips, it is expected that number will fall over the first few months.

Patient swiping  
over the sensor  
to take a  
reading

### **How does a patient get a reading?**

The patient swipes the reader over the sensor to get a glucose reading. It can provide a near-continuous record. With a scan of the reader over the sensor, patients can see their current glucose reading, their 8-hour glucose history and a trend arrow showing the direction and rate of change of their glucose levels. Patients can scan as often as they want, even through clothing if they want the near continuous record they can every 8 hours

**How does the patient obtain FreeStyle®?** Initiation will be carried out by the specialist diabetes team. Primary care practitioners will be notified of the initiation of FreeStyle Libre® and expected patient outcomes via a completed patient-prescriber agreement form. The patient will be followed up at ONE month, SIX months and annually thereafter to ensure the sensors are tolerated and expected outcomes are being achieved. Sensors that fall off/malfunction should not be replaced on prescription – Abbott should be contacted directly by the patient and they will send out a replacement. If the patient has any issues with the device or requires further guidance, please do refer them back to the initiating team (details will be on the initiation paperwork).



### **How is the FreeStyle Libre® sensor applied on the body?**

The FreeStyle Libre sensor is applied to the back of the upper arm with a disposable applicator. When the sensor is applied, a 5mm sterile filament is inserted just under the skin, and held in place with a small adhesive pad. The sensor lasts for up to 14 days. There is an app patients can use with their smartphone to take readings



**Where can I get more information?**

Short video tutorials on how to set up the device and apply the sensor can be found by clicking on the following link

<https://www.freestylelibre.co.uk/libre/help/tutorials.html>

Information on the West Essex recommendation for funding FreeStyle Libre® can be found by clicking on the following link:

<https://westessexccg.nhs.uk/your-health/medicines-optimisation-and-pharmacy/clinical-guidelines-and-prescribing-formularies/06-endocrine-system>

West Essex commission FreeStyle Libre® in line with NHS England guidance issued in March 2019<sup>1</sup>

<https://westessexccg.nhs.uk/your-health/medicines-optimisation-and-pharmacy/clinical-guidelines-and-prescribing-formularies/06-endocrine-system/3043-freestyle-libre-policy/file>

1. <https://www.england.nhs.uk/publication/flash-glucose-monitoring-national-arrangements-for-funding-of-relevant-diabetes-patients/>