Health Professional FAQs

When can GLP-1 therapy be used?

GLP treatment is typically used in Type 2 Diabetes for glycaemic control in patients on max tolerated Metformin with or without a 2nd oral hypoglycaemic agent were BMI must >30-35. They are only licensed for weight management at specialist weight management centres.

What is the maximum dose of Metformin?

There is controversy about the maximum efficacious dose of Metformin. The BNF now recommends a maximum dose of 2g per day. The Summary of Product Characteristics from the manufacturers state 3g daily. The landmark UKPDS study used 2.55g. We typically use plain Metformin 1g BD maximum, although occasionally patients still take 1g TDS.

How should I adjust Metformin with a low eGFR?

Metformin full dose (1g BD) safe to eGFR of 45, Reduce dose to 500mg BD to EGFR 30-45 and Metformin should be stopped when EGFR <30.

What should I add to Metformin?

Second line glucose lowering therapy in Type 2 Diabetes must be tailored to the individual. The aim is not only to control blood sugar, but also to prevent complications, most notably cardiovascular disease and kidney disease (major causes of death).

See our guidelines (resources for professionals North West Coast Diabetes Guidelines):

https://www.sthk.nhs.uk/our-services?service=50

How should I alter my patient's insulin?

The link below provides a guide on how different insulins are titrated.

https://www.sthk.nhs.uk/media/.resources/609cfde4e18871.64856742.pdf

Can my patient have a Freestyle Libre?

The document below outlines the Pan Mersey Freestyle libre guidelines. Please note Freestyle Libre is amber initiated and patients will require a secondary referral.

https://www.panmerseyapc.nhs.uk/media/2184/freestylelibre.pdf

My patient wants to change to Libre2 how to I go about this?

The patients repeat prescription simply needs changed to Freestyle Libre2 the patient will need to contact abbot to order the handheld device (Abbott – 0800 170 1177). If the patient is using their mobile they will continue on their existing app.