

## Will I still need to do finger prick blood glucose tests?

Patients who use Freestyle Libre to monitor their glucose levels usually need to perform significantly less finger prick tests but there will still be times when standard blood glucose tests are needed.

This will be explained to you.

If you drive a car or motorbike (Group 1 licence) you may be able to use Freestyle Libre to monitor at times relevant for driving although you should always keep blood glucose monitoring equipment with you. As DVLA guidance can change, you should visit the DVLA website for up to date information<sup>3</sup>.

## Other resources

1. Diabetes UK, Flash Glucose Monitoring, <https://www.diabetes.org.uk/guide-to-diabetes/managingyourdiabetes/testing/flash-glucose-monitoring>
2. Pan Mersey Guidance, [https://www.panmerseyapc.nhs.uk/media/1990/freestylelibre\\_201805\\_ps212\\_v0206.pdf](https://www.panmerseyapc.nhs.uk/media/1990/freestylelibre_201805_ps212_v0206.pdf)
3. Driving and Vehicle Licensing Agency, <https://www.gov.uk/guidance/assessing-fitness-to-drive-a-guide-for-medical-professionals>

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# Freestyle Libre (Flash Glucose Monitoring) in Adults with Diabetes

This leaflet can be made available  
in alternative languages / formats on request.

如有需要，本传单可提供其他语言/版式  
此單張的其他語言/格式版本可按要求提供

Na żądanie ta ulotka może zostać udostępniona  
w innych językach/formatach.

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## What is Freestyle Libre?

Freestyle Libre is a device used to monitor glucose (sugar) levels via a small sensor worn on the upper arm. To check your glucose level you simply scan the sensor with a monitoring device (or a mobile phone)<sup>1</sup>. This system can often be used as an alternative to finger prick testing.

## Who can get Freestyle Libre on prescription?

Local (Pan Mersey) guidelines<sup>2</sup> recommend prescribing Freestyle Libre sensors on the NHS for patients with Type 1 diabetes who use multiple daily injections (MDI) or insulin pump therapy to treat their diabetes. In addition, patients should also should also either:

- routinely monitor blood glucose levels 8 or more times a day (confirmed by blood glucose meter download), or
- meet the current NICE criteria for insulin pump therapy (where the use of FreeStyle Libre may avoid the need a pump), or
- have impaired awareness of hypoglycaemia, or
- have frequent hospital admissions with diabetic ketoacidosis (DKA) or hypoglycaemia, where the use of Freestyle Libre would likely prevent this in future, or
- need another person to carry out glucose monitoring and where conventional blood testing is not possible.

## How / where will I start Freestyle Libre?

If your diabetes specialist confirms you that fulfil the above criteria, you may be able to have a 6 month trial of Freestyle Libre.

You will need to attend a group education session at the Diabetes Centre which will last about 90 minutes. We will teach you how to insert the sensor and how to scan to obtain your glucose levels. You will also be provided with general information about its use.

You will have plenty of opportunity ask questions.

You will be asked to sign a 'patient contract' to confirm that you understand that the Freestyle Libre is being started on a trial basis. You will need to meet to certain criteria to continue to use it for longer than 6 months. This will all be explained to you.

We also routinely collect patient information for an important national audit. This is anonymous, and voluntary, and will hopefully show the benefits of Freestyle Libre for people with type 1 diabetes.

## Who will prescribe my Freestyle Libre sensors?

Your GP will continue to prescribe your sensors (2 per month). The diabetes team will write to your GP to request this. You can collect the sensors from your pharmacy along with your usual medication.

## How will I know if I can use Freestyle Libre beyond 6 months?

Your progress should be reviewed by the Diabetes Specialist Team within 6 months. There are specific criteria that need to be met for the sensors to remain on your prescription long-term<sup>2</sup>. These criteria will have been explained to you at your initial group session.

It is very important that you attend your 6 month review as without the outcome of this assessment your GP may not be able to continue to prescribe Freestyle Libre sensors for you.

## What if I have been self- funding Freestyle Libre?

If you have been funding Freestyle Libre yourself, you will still need to be assessed by a Diabetes Specialist Team for the sensors to be transferred on to your NHS prescription.

This will not happen automatically and you will need to meet the same local criteria as for other patients who commence this system via the NHS.