

FreeStyle Libre® Frequently Asked Questions for Patients

What is FreeStyle Libre®?

A FreeStyle Libre® sensor (flash glucose monitoring system) is applied to the skin to measure the glucose levels in people with diabetes. It does this by measuring the glucose in the interstitial fluid (ISF) not in the blood. The interstitial fluid is the fluid that surrounds the body's cells below the skin. The sensor can provide a near continuous record of glucose measurements which can be accessed on demand. Readings are taken by scanning the sensor with the FreeStyle Libre® reader or some smartphones can be used.

Do I still need to use finger-prick testing?

There are certain circumstances that you will still need to use finger-prick blood tests even when you are using FreeStyle Libre®. These include the following:

- ✓ When symptoms do not match scanned readings
- ✓ When the reader shows low glucose readings
- ✓ During acute illness
- ✓ To meet Driving and Vehicle Licensing Authority (DVLA) requirements for some groups of patients

Who is able to receive FreeStyle Libre® on the NHS?

People with Type 1 diabetes who are aged 4 years and over can receive FreeStyle Libre® if they meet one of the following indications:

- ✓ **Indication 1:** People with Type 1 diabetes who monitor at least 8 times per day; as shown on a meter download/review over the last 3 months
- ✓ **Indication 2:** People with any form of diabetes on hemodialysis **AND** on insulin who monitor at least 8 times per day; as shown on a meter download/review over the last 3 months.
- ✓ **Indication 3:** People with diabetes that also have cystic fibrosis on insulin treatment.
- ✓ **Indication 4:** Pregnant women with type 1 diabetes; for a maximum of 12 months including the after the baby has been born
- ✓ **Indication 5:** People with Type 1 diabetes unable to routinely self-monitor blood glucose levels due to disability that requires carers to support their diabetes treatment.
- ✓ **Indication 6:** People with Type 1 diabetes for whom the specialist diabetes team decides has work related issues or personal and social circumstances where a 6 month trial with other support may help the situation.
- ✓ **Indication 7:** People with Type 1 diabetes who have previously bought the FreeStyle Libre® themselves and where the doctors and nurses looking after them are satisfied that they would have met one or more of the criteria prior to them starting to use FreeStyle Libre® **AND** has shown improvement in HbA1c since buying it.
- ✓ **Indication 8:** People with Type 1 diabetes that have severe regular low blood glucose or are unable to tell when their blood glucose is going too low and the specialist diabetes team think that this would be more helpful than continuous glucose monitoring with an alarm.

Who decides if I am able to trial FreeStyle Libre®?

The specialist diabetes team will decide if you meet one of the above indications at your next routine appointment. If you don't usually see the specialist team you can ask your GP practice to refer you to the clinic. If you meet one of the indications you will be able to trial FreeStyle Libre® for 6 months. The team will agree a target with you for the trial period e.g. better diabetes control by measuring HbA1c.

Who will prescribe FreeStyle Libre® for me?

The specialist diabetes team will give you one sensor and a reader if you meet one of the above indications. The team will send a letter to your GP practice to ask them to prescribe 2 sensors per month for a 6 month trial. Each sensor lasts for 14 days.

What happens after the 6 month trial?

The specialist team will review you again at the end of the 6 month trial and discuss with you if you have met your target. If you have met the target and the agreement is to continue the team will write to your GP practice to ask them to continue prescribing FreeStyle Libre® for you. If you haven't met your target then FreeStyle Libre® will be discontinued and the team will discuss alternative options with you.

What happens if my FreeStyle Libre® sensor is faulty?

You will need to contact the Abbott customer care line on 0800 170 1177 if a sensor fails before the end of the 14 day life. You should inform the care line that you are receiving sensor prescriptions from your GP and follow the advice from the care line. If the sensor is faulty it is usually replaced by Abbott. Please do not ask your GP practice to prescribe extra sensors to cover your faulty sensors. Abbott will only supply a maximum of 3 replacement sensors to a patient.

What happens if I currently buy FreeStyle Libre® sensors?

Indication 7 discussed how patients who currently buy FreeStyle Libre® will be assessed. You will need to be reviewed by the specialist diabetes team at your next routine appointment.

What happens if I am not eligible to receive the sensors through the NHS?

Patients who do not meet the criteria set out by NHS England and wish to self-fund can purchase the product via Abbott <https://www.freestylelibre.co.uk/libre/products.html>; please note that this is currently restricted to existing customers only. Abbott's recommendation is that people who wish to self-fund for the first time should register and they will inform them in due course when they are able to purchase.