



integrated working



West Suffolk  
Clinical Commissioning Group

# Flash Glucose Monitoring (FreeStyle Libre®)

## Patient Information Leaflet

### Hospital Diabetes Team

Please give this leaflet to all patients who are started on FreeStyle Libre®, and to all patients who ask about receiving FreeStyle Libre® on the NHS.

### GPs and Practice Nurses

Please give this leaflet to all patients who ask about receiving FreeStyle Libre® on the NHS.

In March 2019, NHS England issued guidance that explains about national arrangements for funding of Flash Glucose Monitoring for relevant diabetes patients. The guidance can be accessed via the link below.

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

The national guidance describes which patients will now be able to receive FreeStyle Libre® sensors on the NHS. The West Suffolk Clinical Commissioning Group (CCG) will be following the national guidance from **1<sup>st</sup> April 2019**, and the updated West Suffolk CCG Prescribing Policy can be accessed via the link below.

<https://www.westsuffolkccg.nhs.uk/wp-content/uploads/2019/04/FreeStyle-Libre-Prescribing-Policy-FINAL-v-2.0.pdf>

FreeStyle Libre® sensors can be purchased privately by patients who do not meet the national criteria or by patients who meet the criteria but are awaiting an appointment with their hospital diabetes team.

## Frequently Asked Questions

### 1. Who will determine if I meet the NHS England criteria?

The diabetes team at West Suffolk Hospital (or at Addenbrooke's Hospital, if you attend the diabetes clinic there). Your GP will not be allowed to determine if you meet the NHS England criteria.

### 2. Do I need to book an appointment immediately with the hospital diabetes team?

No. The hospital diabetes team will determine if you meet one of the criteria for NHS funding at your next routine contact with them (clinic appointment, annual review). The hospital specialists cannot see all relevant diabetes patients straight away.

### 3. Can my GP prescribe FreeStyle Libre® sensors before I have been seen by the hospital diabetes team?

No. GPs must wait for authorisation to prescribe from the hospital diabetes team.

### 4. What happens next, if I do meet one of the criteria for NHS funding?

The hospital diabetes team will train you on how to use FreeStyle Libre® correctly, and provide you

with a free Starter Pack that consists of the FreeStyle Libre® monitor and one sensor. If you have been using FreeStyle Libre® already:

- **Privately funded** - the hospital diabetes team will check that you are using it correctly and they can provide you with the free Starter Pack if needed.
- **Previous initiation by a specialist diabetes MDT** - your GP will now take on responsibility for ongoing prescribing following authorisation by the hospital diabetes team.

**5. What happens next, if I don't meet one of the criteria for NHS funding?**

Carry on testing your blood glucose levels using finger pricking.

**6. How long does the Starter Pack last?**

The Starter Pack contains one monitor and one sensor. Each sensor lasts 14 days, then it needs to be replaced with a new one.

**7. Where will I get further supplies of sensors from?**

You will get further supplies from your GP, and not from the hospital diabetes team. Your GP will issue a prescription for two sensors every 28 days (26 per year).

**8. What if I can't get an appointment with my GP before my first sensor (from the Starter Pack) runs out?**

You will need to continue monitoring your blood glucose levels using your blood glucose meter and blood glucose testing strips until you receive your first prescription for sensors from your GP.

**9. What do I do if any of my sensors are defective?**

If a sensor is defective, contact the manufacturer (Abbott) using the Customer Careline number below to obtain a replacement. You will need to call on the day that your sensor falls off, and keep the displaced sensor carefully. Please note that GPs should not issue prescriptions to replace defective sensors and Abbott will only issue a maximum of 3 replacement FreeStyle Libre® sensors per person.

Abbott Customer Careline - 0800 170 1177

**10. What else will I need to do if I am prescribed FreeStyle Libre®?**

You will need to:

- Attend all appointments as required by the hospital diabetes team and GP/practice nurse.
- Follow all the advice given at your FreeStyle Libre® training session.
- Attend (or have attended) a Type 1 diabetes structured education programme (DAFNE, BERTIE or equivalent as available locally) *if at all possible*.
- Perform blood glucose testing as advised by the hospital diabetes team and GP/practice nurse.
- Change to more cost-effective blood glucose testing strips and meter if requested to do so.

**11. Can the hospital diabetes team or my GP withdraw prescribing of FreeStyle Libre® sensors?**

Yes. You will no longer be prescribed the sensors on the NHS if:

- You do not wear the sensors or carry out appropriate actions, as advised by the hospital diabetes team and GP/practice nurse
- There is no demonstrable improvement in your diabetes self-management
- You no longer fulfil the criteria for funding

For patients who are pregnant, the supply of sensors will be stopped after a total treatment period of 12 months (inclusive of post-delivery period), unless the patient fulfils any of the other criteria for funding.

All patients will be reviewed by the hospital diabetes team 6 months after starting to use FreeStyle Libre® to determine if on-going prescribing is appropriate, then every 6-12 months after that.

**12. Will my GP continue to prescribe blood glucose testing strips for me if I meet the criteria for use of FreeStyle Libre®**

Yes. However, it is anticipated that your use of blood glucose testing strips will reduce.

Also, you will be expected to switch to cost-effective blood glucose testing strips in line with the West Suffolk CCG Policy on Blood Glucose Meters and Blood Glucose Testing Strips:

<https://www.westsuffolkccg.nhs.uk/wp-content/uploads/2019/04/Policy-on-BGTS-and-BGM-FINAL-VERSION-2.0-APRIL-2019.pdf>

**13. Will GPs prescribe FreeStyle Libre® blood glucose testing strips?**

No. You will be expected to use one of the cost-effective brands that are listed in the West Suffolk CCG Policy on Blood Glucose Meters and Blood Glucose Testing Strips (available via the link above). FreeStyle Libre® blood glucose testing strips are not cost-effective and GPs should not prescribe them.

**14. Can drivers use the FreeStyle Libre® sensors to monitor blood glucose levels prior to driving?**

The DVLA has updated the guidance on glucose testing prior to driving which now permits the use of interstitial glucose readings, e.g. using FreeStyle Libre® and Capillary Glucose Monitoring systems **for group 1 drivers only**. Note that finger prick tests are still required (even for group 1 drivers) under certain circumstances. Further information can be accessed here:

[https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\\_data/file/778023/inf294-a-guide-to-insulin-treated-diabetes-and-driving.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/778023/inf294-a-guide-to-insulin-treated-diabetes-and-driving.pdf)

**15. What about patients who are already self-funding FreeStyle Libre®?**

Patients who have been purchasing FreeStyle Libre® privately (and wish to continue using the device) will need to continue to self-fund until they are reviewed by the hospital diabetes team at their next routine clinic appointment. WSCCG will only fund FreeStyle Libre® for patients who fulfill the NHS England eligibility criteria, and decisions will not be based on what has already been purchased.

**16. What if I wish to use (or continue using) FreeStyle Libre® but I don't meet the NHS England eligibility criteria?**

You will need to purchase FreeStyle Libre® privately. This can be done directly from the manufacturer (<https://www.freestylelibre.co.uk/libre/> or Tel: 0800170 1177).

**17. Will the recommendations for funding be reviewed?**

It is anticipated that the NHS England recommendations for funding will be reviewed in two years.

**18. If I have additional questions, who should I contact?**

Please contact the Patient Advice and Liaison Service.

Freephone number: 0800 389 6819 (option 1)

Address: PALS, Endeavour House, 8 Russell Road, Ipswich IP1 2BX

Email: [wscg.pals@nhs.net](mailto:wscg.pals@nhs.net)