

# Patient Information Leaflet – Flash Glucose Monitoring (FreeStyle Libre<sup>®</sup>)

## **What is Flash Glucose Monitoring (FreeStyle Libre<sup>®</sup>)?**

Flash Glucose Monitoring is a small sensor that is attached to your skin. It stores your glucose (sugar) levels continuously and you can access them by scanning the sensor with a wireless monitoring device whenever you need to check your glucose level. [1]

## **Is FreeStyle Libre<sup>®</sup> available on the NHS in Lancashire?**

FreeStyle Libre<sup>®</sup> was added to the NHS “Drug Tariff” on 1st November 2017.

The purpose of the Drug Tariff is to outline all the medicines or devices which **can** be supplied by pharmacies and the prices which will be paid to pharmacies for supplying the medicines or devices.

The Lancashire Medicines Management Group (LMMG) does not currently recommend the use of FreeStyle Libre<sup>®</sup> as the device is currently under the review process. The CCGs of Lancashire and South Cumbria have adopted this recommendation.

Recommendations for the use of Freestyle Libre<sup>®</sup> will be updated on the LMMG website, available at <http://www.lancsmmg.nhs.uk/medicines/freestyle-libre/>

Therefore, GPs in Lancashire and South Cumbria are being asked not to prescribe FreeStyle Libre<sup>®</sup> until a local decision has been made.

## **Has a local decision been made about the supply of FreeStyle Libre<sup>®</sup> in Lancashire and South Cumbria?**

A decision has not been made yet.

Clinical Commissioning Groups (CCGs) across Lancashire and South Cumbria are engaged in a collaborative scheme to review and develop healthcare policies used across Lancashire and South Cumbria.

Work has commenced on the development of a Policy for the use of FreeStyle Libre<sup>®</sup> in Lancashire. This work is currently projected to be completed by September 2018.

## How can I currently get FreeStyle Libre<sup>®</sup> if I am registered at a GP practice in Lancashire or South Cumbria?

Patients who wish to use FreeStyle Libre<sup>®</sup> before recommendations have been made may choose to self-fund the device. However, it is not guaranteed that the NHS in Lancashire and South Cumbria will decide to fund the use of FreeStyle Libre<sup>®</sup> after September 2018.

### How does it work?

A Flash Glucose Monitor has two parts:

1. A sensor that is attached to the surface of your skin that includes a small needle-like attachment that sits just underneath the skin and measures glucose levels.
2. A wireless monitoring device that you pass over the sensor to display your glucose level.

Each time you pass the monitoring device over the sensor, glucose level readings for the last eight hours will be transferred to the device.

The Flash Glucose Monitoring device also comes with software so you can analyse your results and see patterns in your glucose levels. [1]

### Do I still need to finger prick blood glucose test?

The sensor does not measure your blood glucose level. Instead, it measures the amount of glucose in the fluid that surrounds your body cells (called “interstitial fluid”).

Glucose levels in the interstitial fluid can lag-behind glucose levels in your blood by up to 5 minutes. This lag time is longest if your blood glucose level is changing rapidly, e.g. after eating or if you are exercising.

For this reason, you need to do a **blood** glucose check (finger prick) if you’re thinking of changing your treatment (e.g. taking more insulin or treating an episode of low blood sugar). [1]

In addition, the Driving and Vehicle Licensing Agency (DVLA) currently stipulates that drivers must monitor their **blood** glucose levels (which requires finger prick testing) within two hours of driving and every two hours whilst driving. [2]

### Has ‘The National Institute for Health and Care Excellence’ (NICE) recommended the use of FreeStyle Libre<sup>®</sup>?

NICE has not produced any guidance that does or does not recommend the use of FreeStyle Libre<sup>®</sup>.

#### References

- [1] Diabetes UK, “Flash Glucose Monitoring,” [Online]. Available: <https://www.diabetes.org.uk/guide-to-diabetes/managing-your-diabetes/testing/flash-glucose-monitoring>. [Accessed 18 March 2018].
- [2] Driving and Vehicle Licensing Agency (DVLA), “Assessing Fitness to drive: a guide for medical professionals.,” January 2018. [Online]. Available: [https://www.gov.uk/government/uploads/system/uploads/attachment\\_data/file/670819/assessing-fitness-to-drive-a-guide-for-medical-professionals.pdf](https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/670819/assessing-fitness-to-drive-a-guide-for-medical-professionals.pdf). [Accessed 19 March 2018].
- [3] National Institute for Health and Care Excellence, “Medtech innovation briefing [MIB110] Freestyle Libre for glucose monitoring,” September 2017. [Online]. Available: <https://www.nice.org.uk/advice/mib110>. [Accessed 19 March 2018].