

**This information sheet does not form part of the South East London continuous glucose monitoring (including flash glucose) guidance for adults living with type 1 diabetes. For guidance on continuous glucose monitoring in adults living with type 1 diabetes, please see updated guidance [here](#)**

## **What is FreeStyle Libre 2®?**

The FreeStyle Libre 2® flash glucose monitoring system is a device for the self-monitoring of glucose levels. Unlike traditional finger-prick devices (that measure the glucose level in the blood), FreeStyle Libre 2® measures the glucose level in the interstitial fluid, via a sensor that sits just under the skin. The sensor automatically measures glucose levels every minute and stores readings at 15-minute intervals for 8 hours. The sensor can be scanned with either the Freestyle LibreLink app (iphone and android versions available for compatible phones) or with a Freestyle Libre 2 reader. When scanned, the sensor automatically transmits 8 hours of data to the reader or the app. FreeStyle Libre 2® features optional alarms to alert for high or low blood glucose levels which can be through sound or vibration. Alarms can only be received on the device that patients use for their first scan. Education on the use of the alarms will be provided by the specialist teams. FreeStyle Libre 2® is licensed for adults and children above the age of 4 years. Additional education and training is necessary for any healthcare professionals or patients who wish to use this system. Further information and videos can be found on the Abbott website at: <https://www.freestylelibre.co.uk/libre/help/tutorials.html>

## **Who is it for?**

The original FreeStyle Libre® device has been available to purchase direct from the company for a few years and a number of people with diabetes currently order the sensors online. They may also come to the pharmacy and order via that route. If sensors are to be supplied on the NHS, it is expected that patients will meet national criteria for use. NHS England has issued updated implementation guidance for flash glucose monitoring on the NHS which has been adopted by South East London. The pathways for initiation and review of flash glucose monitoring in South East London can be found [here](#). In South East London, initiation and prescribing of the sensors for the first 6 weeks will be by specialist diabetes teams, with prescribing transferred to primary care after 6 weeks.

## **Does the patient require a new reader to scan the FreeStyle Libre® 2 sensor?**

For patients previously on the FreeStyle Libre system, if they use their app to scan their FreeStyle Libre 2 sensors, they do not need to download a new app. The patient must update their app to the latest version (2.5) to enable additional functionality of the FreeStyle Libre 2 system. Existing patients using FreeStyle Libre® that do not have a compatible phone or who have been using the FreeStyle Libre® reader previously will need to request a new Freestyle Libre 2® reader. Users can request a new FreeStyle Libre 2® reader free of charge from Abbott (see page 2 for contact details). They will need to provide the serial number of their current FreeStyle Libre® reader.

Patients who have not used FreeStyle Libre previously will have the choice to use either the FreeStyle LibreLink app (using a compatible phone) or a FreeStyle Libre 2® reader.

## **What's on prescription?**

The sensors last up to 14 days and can be ordered by prescription on the NHS if the patient is eligible as per local criteria. The PIP code for the FreeStyle Libre 2® sensor is 416 3416 – the pack contains a sensor and a sensor applicator. The pack no longer contains an alcohol wipe (as of March 2021). Alcohol wipes are readily available to purchase from pharmacies or other retailers. The reader device is either purchased via online orders or may be provided via Abbott representatives direct to clinics – it is not available on FP10s. These devices are for long-term use and have associated warranties.

The names and packaging for FreeStyle Libre® and Freestyle Libre 2® are similar. Please make sure processes are in place at each step of the dispensing process to ensure the correct product is selected.

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South East London Integrated Medicines Optimisation Committee (SEL IMOC). A partnership between NHS organisations in South East London Integrated Care System: NHS South East London (covering the boroughs of Bexley/Bromley/Greenwich/Lambeth/Lewisham and Southwark) and GSTFT/KCH /SLaM/ Oxleas NHS Foundation Trusts and Lewisham & Greenwich NHS Trust

### **How to order the sensors**

Pharmacies can order the sensors through the following link: <https://www.freestylelibrepharmacyportal.co.uk/> . Upon first visit, independents/dispensing practices/hospital pharmacies will require registration, those in the large pharmacy chains should be pre-registered and should have received login details from their respective head offices. Delivery is next day for orders placed before 5pm.

### **Disposal**

Used/unused sensor packaging can go in general waste. Once the sensor has been placed on the arm, the used applicator (contains a needle) and the lid can be screwed back together and placed in a yellow biohazard bag or sharps bin. The used sensors are not sharps. The used sensor should be removed and wiped down with disinfectant and then disposed of as electrical waste (the same as a battery).

See the [patient frequently asked questions](#) document for further information.

### **What if there is a problem with the sensor?**

Abbott should be contacted directly by the patient and not the pharmacy, specialist centre or GP practice. The patient should contact [Abbott Customer Careline](#) on 0800 170 1177 on the day that a problem with the FreeStyle Libre 2<sup>®</sup> system is identified, such as the sensor falling off. The patient should keep the displaced/faulty FreeStyle Libre 2<sup>®</sup> sensor and follow the instructions of the Abbott Customer Careline representative. If patients suffer from skin reaction to adhesive, advise patients not to use creams, patches or sprays under the sensor to reduce skin reactions, which may affect device performance ([MHRA 2019](#)). If patient is unable to check glucose levels using FreeStyle Libre 2<sup>®</sup>, they should continue to check blood glucose levels using finger prick glucose testing, and be referred back to the initiating team or GP. Please see the [patient frequently asked questions](#) document for further information.

### **Where can I get more information?**

Short video tutorials on how to set up the device and apply the sensor can be found by clicking on the following link <https://www.freestylelibre.co.uk/libre/help/tutorials.html>

More in-depth information can be found on the South East London flash glucose training and [competencies](#) document.

For local information, please see the [flash glucose section](#) on the South East London Integrated Medicines Optimisation Committee webpage or contact your local medicines optimisation team.

**If you require information on the original FreeStyle Libre<sup>®</sup> system, please refer to the corresponding NHS South East London Primary Care Information Sheet on this device**

Adapted with permission from NHS London Clinical Network and NHS London Procurement Partnership FreeStyle Libre<sup>®</sup> community pharmacy information sheet for London. 9<sup>th</sup> May 2018. Version 1.0

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