

FreeStyle Libre 2® Primary Care Information Sheet

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 though sound or vibration. Alarms can only be received on the device that patients use on 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.

How is the FreeStyle Libre 2® sensor applied on the body?

The FreeStyle Libre 2® sensor is applied to the back of the upper arm with a disposable applicator. When the sensor is applied, a 5mm sterile filament is inserted just under the skin and held in place with a small adhesive pad. The sensor lasts for up to 14 days.

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.



Is this a replacement for fingerpick blood glucose testing?

As FreeStyle Libre 2® measures interstitial glucose, it is not a complete substitute for blood glucose testing.

Blood glucose measurements are required in certain circumstances, including:

- During times of rapidly changing glucose levels e.g. exercise
- To meet certain [Driving and Vehicle Licensing Agency \(DVLA\) regulations](#). Please note there are some important differences in when a FreeStyle Libre®/ FreeStyle Libre 2® can be used and when fingerprick blood glucose testing is required. This depends on the type of licence the person holds and type of driver.
- When FreeStyle Libre 2® reader results do not correspond with the user's symptoms e.g. patient feels hypoglycaemic, however the FreeStyle Libre 2® reader shows a higher glucose reading
- To use bolus calculators
- Where the reader indicates a low glucose reading

Patients will continue to require prescriptions for blood glucose testing strips on prescription for the situations highlighted above; the expected amount will be detailed by the specialist team on the initiation documentation. Professional group 2 drivers may need 100 strips/ month for driving purposes alone. Please note that if FreeStyle Libre 2® has been prescribed for users of high numbers of test strips, it is expected that number will fall over the first few months. Patients can continue to use their current blood glucose meter and test strips alongside FreeStyle Libre 2®.

How does a patient get a reading?

The patient swipes the reader over the sensor to get a glucose reading as often as they wish. After scanning the reader over the sensor (even through clothing), patients can see their current glucose reading, their 8-hour glucose history and a trend arrow showing the direction and rate of change of their glucose levels. Scanning every 8 hours will provide a near continuous record. In line with national criteria set by NHS England, patients need to agree to scan glucose levels no less than 8 times per day and use the sensor >70% of the time.

What do continuing prescribers need to do?

For new initiations (people who have not had FreeStyle Libre® or FreeStyle Libre 2® in the past), initiation and prescribing of the sensors for the **first six weeks** should be carried out by the specialist diabetes team in specialist centres. Primary care practitioners will be notified of the initiation of flash glucose and receive a '[transfer of prescribing request](#) and '[patient-prescriber agreement](#)' after a 4 week review. Transfer of prescribing will be accompanied by clear monitoring responsibilities and information on ongoing review. Sensors last 14 days and therefore patients need two per month.

After 6-9 months, the specialist team will review continuation of flash glucose against NHS England continuation criteria. Primary care practitioners will be notified whether outcomes have been met and whether the GP practice should continue/discontinue flash glucose sensors on the NHS via the '[6-9 month review](#)' letter. Patients will receive enough sensors to last them the first six weeks from the specialist centre. Patients will continue to be reviewed by the specialist diabetes team at appropriate intervals for ongoing review. Practices should ensure quantities of sensors are monitored and over-ordering prevented. Consider limiting issues on repeat to 6 to ensure regular reviews are carried out.

If people are transferring from FreeStyle Libre® to FreeStyle Libre 2®, the specialist diabetes team do not need to prescribe the first six weeks of sensors or issue a new patient-prescriber agreement form. Patients will continue to be reviewed by the specialist diabetes team at appropriate intervals for ongoing review. Please see the [flash glucose pathway](#) for more information.

The FreeStyle Libre 2® 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.

There are a number of products available with similar names, including Freestyle Libre® and FreeStyle Libre 2®. Please make sure processes are in place at each step of the prescribing process to ensure the correct product is selected.

Troubleshooting

- Sensors that fall off or malfunction should **not** be replaced on prescription. Patients should contact the [Abbott Customer Careline](#) directly (0800 170 1177), who will advise on their replacement policy. Replacements should be received within 3-5 days.
- If the patient has any issues with the device, or requires further guidance, patients can:
 - contact the Customer Careline via Email, Live Chat, Request a Call Back: <https://www.freestylelibre.co.uk/libre/help/contact-us.html> Phone: 0800 170 1177 (08:00 – 20:00 Mon – Fri, 09:00 – 17:00 Sat – excl. bank holidays)
 - refer to the [patient frequently asked questions](#) document,
 - consult the [user manuals](#),
 - refer back to the initiating team (details on the initiation paperwork)

Adverse Skin Reactions

Patients who have reported or may be experiencing skin reactions to the sensor adhesive may include erythema, itching and blistering. Consider if continued use of this device for patients with skin reactions is suitable, and consider use of alternative glucose monitoring systems for these patients. 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®, they should continue to check blood glucose levels using finger prick glucose testing, and be referred back to the initiating team (details on the initiation paperwork). Please see the [patient frequently asked questions](#) document for further information.

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).

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>
- Training for healthcare professionals can also be found on the following link <https://progress.freestylediabetes.co.uk/>
- More in-depth information can be found on the South East London flash glucose training and [competencies document](#).
- For further information on primary care prescribing please see the [flash glucose section](#) on the South East London Integrated Medicines Optimisation Committee webpage or contact your medicines optimisation team.

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

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