

Template patient contract – Freestyle Libre®

Prescribing of Freestyle Libre® has been commenced because you fit one the following criteria locally agreed for its prescribing on the NHS in Type 1 diabetes.

1. Those who undertake routine intensive blood glucose monitoring 8 or more times daily (excluding those tests required by DVLA requirements to confirm suitability to drive, or needed for management of intercurrent illness, mealtime BG tests for bolus calculator users, or tests for hypoglycaemia). N.B. patients who drive may not be suitable as measurement of interstitial glucose by Freestyle Libre® does not comply with DVLA regulations for driving which require measurement of blood glucose.
2. Those who meet the current NICE criteria for insulin pump therapy where a successful trial of FreeStyle Libre® may avoid the need for pump therapy.
3. Those who have recently developed impaired awareness of hypoglycaemia (potentially short-term use).
4. Those with frequent hospital admissions (greater than 2 per year) with diabetic ketoacidosis (DKA) or hypoglycaemia but only where use of Freestyle Libre® would be likely to prevent this in future.
5. Those who require another person to carry out monitoring and where this person is unable to use conventional blood testing devices.

We have asked your General Practitioner to continue to prescribe for you for a trial of up to 6 months to see if this is suitable for you. During this period we will monitor you at this clinic to see how well FreeStyle Libre® is working for you, including downloading your data from the device. You will need to attend appointments during this time for this to be carried out You will be assessed again after this period of up to 6 months' time to ensure that Freestyle Libre® has been successful for you and that you continue to meet the locally agreed criteria for its prescribing on the NHS at this time. It is important that you continue to use Freestyle Libre® as requested by the specialist and to attend any appointments the specialist arranges for you to check this.

The criteria that will be needed to be fulfilled to assess whether you should continue to receive prescriptions depend on your initial reason for starting treatment but include:

- You have had a clear reduction in number of clinically necessary routine blood glucose tests as determined by the specialist (excluding those required by DVLA requirements to confirm suitability to drive, or needed for management

of intercurrent illness, mealtime BG tests for bolus calculator users, or tests for hypoglycaemia)

- You no longer require insulin pump therapy where previously this may have been required
- You have had no hospital admissions in previous 6 months with diabetic ketoacidosis or hypoglycaemia
- You continue to require third party monitoring and this person is unable to use blood glucose monitoring devices

Use of FreeStyle Libre® may have been intended for short-term use at the time it was started (e.g. to help improve your awareness of hypoglycaemia, use only during pregnancy), and if that is the case it will be discontinued after that short period, and you will return to blood glucose monitoring as advised by the specialist.

If you do not meet the criteria for continuing Freestyle Libre® at this review at 6 months or any other subsequent specialist review, or you do not use the device as advised by the specialist or you do not attend appointments with the specialist to review treatment, then prescribing of Freestyle Libre® will be discontinued, and alternative blood glucose monitoring offered instead.

Patient agreement

I understand and agree with the above explanation and realise that Freestyle Libre® prescriptions on the NHS for me may be discontinued if I do not meet the criteria for continuation at the initial or any subsequent review, or I do not use Freestyle Libre® as advised, or I do not attend appointments for Freestyle® Libre to be monitored or assessed.

Signature.....Date.....