

Template Primary care information– Freestyle Libre®

Prescribing of Freestyle Libre® has been recommended for prescribing on the NHS by Pan Mersey APC for patients with **Type 1 diabetes** only in the following circumstances.

1. Patients who have clinically routinely required intensive blood glucose monitoring ≥ 8 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) but 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. Patients 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. Patients who have recently developed impaired awareness of hypoglycaemia (potentially short-term use).
4. Patients with frequent hospital admissions (>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. Patients who require third parties to carry out monitoring and where conventional blood testing is not possible.

- **Freestyle Libre® has been designated as AMBER – INITIATED and prescribing should not be started in primary care. Patients must be initially assessed to ensure they fulfil the criteria for a trial of Freestyle Libre® and assessed after the trial period that they fulfil the continuation criteria, with both these assessments being carried out by a specialist diabetes service. GPs can be requested by the specialist diabetes service to commence prescribing after the initial 2 week supply has been made by the specialist at the beginning of the trial period.**
- **Patients directly requesting primary care to prescribe Freestyle Libre® should be referred to a specialist diabetes service in order to be assessed that they fulfil the initiation criteria before being initiated on it by the specialist diabetes service, for an initial trial period of up to 6 months.**
 - **Patients directly requesting primary care to prescribe Freestyle Libre® may already be managed by a specialist diabetes service,**

and if so they should be directed to that specialist diabetes service for assessment.

- Patients who are not already managed by a specialist diabetes service who directly request primary care to prescribe Freestyle Libre® should be referred to the specialist diabetes service if it appears likely they might fulfil the criteria, with an indication of why they might fulfil the criteria. If they appear unlikely to fulfil the criteria consideration should be given to not referring the patient to the specialist service solely for assessment for Freestyle Libre®.
- If assessed by specialist diabetes service as fulfilling the criteria the patients GP will be asked by the specialist service to prescribe further supplies during this trial period once it has been initiated by the specialist, who will provide [written confirmation](#) of this (do not prescribe until this confirmation has been received). After the trial period the specialist service will provide [written confirmation](#) whether or not the patient has fulfilled the response criteria to continue receiving Freestyle Libre® prescribed on the NHS (do not continue to prescribe beyond the trial period unless this confirmation has been received).
- Freestyle Libre® should not be prescribed on the NHS for patients who have previously been purchasing it themselves unless they have been assessed as fulfilling the criteria as above.
- Freestyle Libre® should not be prescribed on the NHS for patients with Type 2 diabetes.

Prescribing instructions for GP: The specialist diabetes service will make a 2 week supply to the patient at the commencement of the trial period. After receipt of written confirmation from the specialist diabetes service, GP to prescribe 2 Freestyle Libre® sensors per month. The Freestyle Libre® device will be supplied by the specialist diabetes service (it is not prescribable on FP10) and should any replacement device be needed the patient may obtain one free of charge from manufacturer or from the specialist diabetes service.

Blood glucose strips will still need to be prescribed but in significantly lower quantities than previously. If the patient drives they will need to continue to use BG monitoring on the occasions they drive to comply with current DVLA regulations