

Prescribing FreeStyle Libre Glucose Monitoring System is not supported

Thurrock CCG and Basildon and Brentwood CCG do not support the prescribing of FreeStyle Libre for patients with type 1 and type 2 diabetes.

FreeStyle Libre is a flash glucose monitoring (FGM) system which monitors glucose levels using interstitial fluid levels rather than capillary blood glucose from finger prick testing. It consists of a handheld reader and a sensor, which is sited on the back of the arm. When the reader unit is passed over the sensor, the reader shows a reading based on interstitial fluid glucose levels. The sensor lasts for up to 14 days and then needs to be replaced.

A finger-prick test using a blood glucose meter is still required during times of rapidly changing glucose levels when interstitial fluid glucose levels may not accurately reflect blood glucose levels (i.e. acute illness such as Influenza, diarrhoea and vomiting), if hypoglycaemia or impending hypoglycaemia is reported, or the symptoms do not match the system readings. FreeStyle Libre users will still need to perform finger-prick blood tests prior to and during driving to meet current DVLA requirements, as FreeStyle Libre, like CGM, measures interstitial fluid levels and not capillary blood glucose levels.

There is currently limited evidence to support the use of FreeStyle Libre. There is limited data to confirm that use of FreeStyle Libre will result in better controlled diabetes, an improvement in patient oriented outcomes such as a reduction in complications due to poorly controlled diabetes, hospitalisation rates or ambulance/GP call out rates, improvement in overall long-term diabetes control or quality of life. More data is also required to confirm effectiveness of this technology in less well controlled diabetes. In addition, there is limited data to support the routine use in children and young people, and there is insufficient data to confirm that use of FreeStyle Libre in under 18s is associated with better disease control and associated outcomes.

Thurrock CCG and Basildon and Brentwood CCG do not support the prescribing of FreeStyle Libre for any patient with type 1 and type 2 diabetes, however, patients may self-purchase this product.

Providers commissioned to provide services on behalf of Thurrock CCG and Basildon and Brentwood CCG are reminded that they are required to follow the local joint formulary and prescribing guidance, or relevant Medicines Management agreement.

Position Statement No.	9
Title	Prescribing FreeStyle Libre Glucose Monitoring System is not supported
References	The East of England Priorities Advisory Committee Guidance Statement, FreeStyle Libre Glucose Monitoring System, September 2017
Acknowledgements	N/A
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Author	Medicines Management Team
Approved by	Basildon and Brentwood CCG: Prescribing Subgroup, Patient Quality and Safety Committee, Board Thurrock CCG: Medicines Management and Safety Group, Patient Quality and Safety Committee, Transformation and Sustainability Committee, Board
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