

## Prescribing of Flash Glucose Monitoring Systems e.g. Freestyle Libre® is not supported.

### **Basildon and Brentwood Clinical Commissioning Group and Thurrock Clinical Commissioning Group do not recommend the prescribing of Flash Glucose Monitoring Systems e.g. Freestyle Libre®.**

Flash Glucose Monitoring systems monitor blood 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 in 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. The reader can show a trace for the last 8 hours and displays an arrow showing the direction the glucose reading is heading.

Flash Glucose Monitoring is not the same as continuous glucose monitoring (CGM).

The prescribing of Flash Glucose Monitoring Systems e.g. Freestyle Libre® has been assessed as a low clinical priority by Mid and South Essex STP, refer to the value based commission policy.  
[LINK](#)

#### **Rationale**

The use of Flash Glucose Monitoring Systems e.g. Freestyle Libre® for patients with type 1 and type 2 diabetes is not supported due to limitations in the current evidence base that this method improves the control of glucose levels, poor accuracy in time of rapidly changing glucose levels, and cost-effectiveness.

#### **Recommendations:**

- Do not initiate patients onto Freestyle Libre® . Patients can purchase the Freestyle Libre® products if they wish to.
- Requests to prescribe Freestyle Libre® initiated by other prescribers/providers must be declined. There should be no FP10 prescribing

The above reflects the current policy position. The CCG is aware of the Regional Medicines Optimisation Committee statement on Freestyle Libre® which is being taken into consideration in reviewing this policy.

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.

<b>Position Statement No.</b>	9
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