

## Prescribing Policy for Freestyle Libre®

**The prescribing of Freestyle Libre® for patients with type 1 or type 2 diabetes is not supported in Great Yarmouth and Waveney.**

Freestyle Libre® is a flash glucose recording (FGM) system which monitors 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. FGM is not the same as continuous glucose monitoring (CGM).

### Rationale

- There appears to be no data to confirm that use of Free Style Libre®, will result in better controlled diabetes rates, an improvement in patient oriented outcomes, such as a reduction in complications due to poorly controlled diabetes and hospitalisation rates or ambulance/GP call out rates, improvement in overall long-term diabetes control or even quality of life.
- There is limited data to support the routine use in children and young people.
- Current NICE clinical guidance in relation to type 1 diabetes, recommends that finger pricking and capillary blood should be used routinely for the monitoring of glucose. Freestyle Libre® uses interstitial fluid to monitor blood glucose and consequently does not meet the standard expected by NICE. Continuous Glucose Monitoring, which also uses interstitial fluid, is recommended as an option, but only in certain circumstances and should not be used routinely.
- Freestyle Libre® users will still need to do 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.
- No studies on the cost-effectiveness in the UK were identified.
- There is currently limited evidence to support the use of Freestyle Libre®.
- Freestyle Libre® is not considered to be a cost effective option for the NHS.

### Recommendations

- Do not initiate patients onto Freestyle Libre®. Patients can purchase the Freestyle Libre® products if they wish to.
- If a request is made to prescribe Freestyle Libre® from another provider please refuse and push the request back to the requesting clinician.