

***FreeStyle Libre*[®] – Frequently Asked Questions (FAQ) for patients**

What is *FreeStyle Libre*[®]?

FreeStyle Libre[®] is a flash glucose monitoring system and is currently the only one available on the market. There are two elements to the *FreeStyle Libre*[®] flash glucose monitoring system, the monitoring device itself (the reader) and the sensors. The small sensor is worn on your skin and records your glucose (sugar) levels continuously throughout the day and night. You can access your sugar level readings at any time by scanning over the sensor with your reader.

The sensor does not measure your actual blood sugar level. It measures the amount of sugar in the fluid surrounding your body's cells under your skin, this is called interstitial fluid.

Interstitial fluid sugar readings are several minutes behind your blood sugar levels. This means that your flash glucose monitor result will not always be exactly the same as your finger-prick result and therefore sometimes you will still need to do finger-prick checks.

Who can access *FreeStyle Libre*[®]?

Patients who meet the nationally defined NHS England criteria for NHS funding of *FreeStyle Libre*[®] can have access to this new technology.

Please see the NHS England criteria for further details:

<https://www.england.nhs.uk/wp-content/uploads/2019/03/flash-glucose-monitoring-national-arrangements-funding-v1.1.pdf>

When will I be assessed if I am eligible for *FreeStyle Libre*[®]?

Patients will not automatically be assessed for *FreeStyle Libre*[®] eligibility straightaway from 1st April.

If you are under the care of a diabetes specialist team for your diabetes management and review (in the Hospital or Community) you will be assessed for eligibility of *FreeStyle Libre*[®] at the time of your next routine appointment.

Your diabetes specialist will look back at your blood glucose level results from at least the last 3 months.

If you are under the care of your GP for your diabetes management and review, your GP can assess whether you meet the national NHS England criteria for funding of *FreeStyle Libre*[®] and can refer you to the relevant specialist diabetes service for starting *FreeStyle Libre*[®].

How will the recommended patient groups access supplies of FreeStyle Libre[®] and what happens after that?

Your diabetes specialist team will start you on *FreeStyle Libre*[®] and will provide you with a starter pack which contains the *FreeStyle Libre*[®] reader and a sensor which will last 14 days.

Following this your *FreeStyle Libre*[®] sensors can be prescribed by your GP on an NHS prescription.

Can FreeStyle Libre[®] be prescribed by GPs in Shropshire CCG?

Yes, *FreeStyle Libre*[®] sensors can be prescribed by your GP on an NHS prescription, providing you meet the eligibility criteria for flash glucose monitoring.

Can patients who have self-funded FreeStyle Libre[®] now get this funded by the NHS?

People who currently self-fund *FreeStyle Libre*[®] will only be considered for NHS provision, if they form part of one of the agreed patient groups, who meet the nationally defined NHS England criteria for NHS funding of Flash Glucose Monitoring.

Your GP can assess whether you meet the criteria for NHS funding but they cannot start prescribing until funding has been confirmed.

If you are under a diabetes specialist for your diabetes care, you can be assessed, to see whether you meet the NHS funding criteria, **at the time of your next routine appointment.** If you do not meet NHS England's criteria you will need to continue to self-fund.

You will need to have been self-funding *FreeStyle Libre*® prior to 1st April 2019 for at least 6 months in order to be considered by your GP for NHS funding.

If you have been self-funding for less than 6 months you will be required to be reviewed by your diabetes specialist team that recommended the use of *FreeStyle Libre*®.