

FreeStyle Libre 2 Plus Glucose Monitoring Guidance Sheet

Libre 2 plus Glucose Monitor is a device that measures glucose in the interstitial fluid (a thin layer of fluid that surrounds the cells of the tissue below your skin). A sensor is placed, usually on the upper/outer aspect of the arm, and a thin, glucose detecting filament inserts through the skin.

The sensor can last 15 days, and the reader device displays a current glucose level (with a trend arrow) when it is scanned over the sensor. It is also able to produce 24 hour glucose traces, so long as the sensor is scanned at least every 8 hours. The sensor is water resistant for up to 30 minutes. Alarms can also be set up on the reader or phone – whichever is used to scan the sensor first after insertion.

As the Libre 2 plus is measuring interstitial glucose, there is around a 2-minute delay in the interstitial glucose response compared to changes in blood glucose.

The expectation is that there will be a very limited need for finger prick blood glucose testing when using Libre 2 plus, but it does not take it away completely. If your symptoms or expectations do not match the results you are seeing on the Libre 2 plus, then it is recommended that you carry out a blood glucose test (finger prick test). If the result shows LO or HI then also check blood glucose. If Blood glucose shows HI, test ketones and correct appropriately.

To Use: If using reader press **Blue Button** and scan over sensor or open app, click scan sensor and scan over sensor. Sensor can be scanned through clothes. If using APP on phone, follow instructions.

Alarms:

Alarm options – should either the high or low alarms be activated the signal loss alarm is automatically activated.

Alarm Type	Setting recommended	Action Recommended
Low Glucose Alarm:	4 mmol/l – (alarm will sound if glucose falls below 4 mmol/l)	Dismiss alarm. Scan sensor. Treat hypoglycaemia, reminder to recheck can be set for 15 minutes.
High Glucose Alarm:	14 mmol/l –(alarm will sound if glucose levels rises above 14 mmol/l)	Using insulin injections: Observe for nausea, vomiting or drowsiness- if present contact carers. Correct high glucose level at next meal. Using insulin pump: test ketones. If ketones below 1 mmol/l, deliver correction via pump, if ketones 1 mmol/l or higher treat as per flowchart in your handbook. Reminder to recheck can be set for 1 or 2 hours.
Lost Signal Alarm:	Notification when sensor is not communicating with reader or phone	Click Yes, Scan sensor to re-establish connection

Additional Advice

If glucose between 4-5 mmol/l with arrows to indicate that glucose is falling ↘ or ↓
Consume 10-15g carbohydrate **with no additional insulin** to reverse falling blood glucose trend

As there is around a 2 minute delay between blood glucose and a libre reading. If treating a hypo and after 10 minutes glucose is rising but not yet above 4 mmol/l. Consider rechecking in 5 minutes before retreating.

Parent Name: _____ **Signature:** _____

School Staff Name: _____ **Signature:** _____