Freestyle Libre







The Freestyle Libre is a device to measure your sugar levels using a sensor thats attached to you. The Libre measures glucose in the interstitial fluid, rather than the blood, so therefore is not as accurate as a finger prick test.

To scan with the Libre, press the blue button and hold 1-4cm away from the child's sensor. The meter should read through clothing so no need to remove coats/jumpers when outside!

Should the meter read lower than 4mmol/l or if the child's symptoms (as stated in the care plan) do not match the Libre reading, a finger prick blood glucose test **MUST** be done, to confirm a hypo, before then treating as documented in the child's care plan.

If you scan the sensor, and the reading is above 14mmol/l, a finger prick blood glucose test **MUST** be done as the child may require a correction dose of insulin. Please refer back to the child's care plan for any readings above 14mmol/l.

The Libre can be used between meals as an indicator of blood glucose levels. The Libre **MUST NOT** be used at meal times if insulin is going to be administered.

Children can go swimming whilst wearing the sensor. The sensor is water-resistant in up to 1 metre of water for 30 minutes. It is advised to cover the sensor with a clear dressing which parents can obtain from the child's GP.

In order to capture all of the data, the Libre must be scanned at least every 8 hours. Most children will scan their sensor a lot more frequently than this… there is no maximum amount! It should be noted that the Libre can read lower for the first 24 hours after inserting a new sensor.

If the sensor falls out at school, the child should revert back to finger prick blood glucose testing. The sensor can be replaced by the child in school if they are able, otherwise parents can insert a new sensor when the child returns home at the end of the school day.

If you have any concerns, please contact the diabetes team for advice, or the child's parents.

compassionate care

If you have any comments about this leaflet or the service you have received you can contact :

Paediatric Diabetes Team
Cardiology department
Block one, 2nd floor
Huddersfield Royal Infirmary
HD3 3EA

Telephone No: 01484 356923

or

Children's Ward
Calderdale Royal Hospital
Salterhebble
Hx3 0PW

Telephone No: 01422 223277

www.cht.nhs.uk

If you would like this information in another format or language contact the above.

Potřebujete-li tyto informace v jiném formátu nebo jazyce, obraťte se prosím na výše uvedené oddělení

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub wersji językowej, prosimy skontaktować się z nami, korzystając z www. danych kontaktowych

ਜੇ ਤੁਸੀਂ ਇਸ ਜਾਣਕਾਰੀ ਬਿਸੇ ਹੋਰ ਪਾਰੂਪ ਜਾਂ ਭਾਸ਼ਾ ਵਿੱਚ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ,
ਤਾਂ ਬਿਜਪਾ ਬਜਬੇ ਉੱਪਰੋਕਤ ਵਿਭਾਗ ਵਿੱਚ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰੋ।

اگر آپ کو یہ معلومات کسی اور فارمیٹ اور زبان میں درکار ہوں، تو
براہِ مہربانی مندرجہ بالا شعبے میں ہم سے رابطہ کریں۔

"إذا احتجت الحصول على هذه المعلومة بشكل مغاير أو مترجمة إلى لغة مختلفة فيرجى منك الاتصال بالقسم المذكور أعلاه"