



- **Discontinuation reminder: Insulatard® (isophane insulin, human) Penfill® 100units/ml suspension for injection 3ml cartridges**  
Insulatard® Penfill® 100units/ml 3ml cartridges are being discontinued with stock expected to be exhausted by June 2025. Clinicians should pro-actively review all patients currently prescribed Insulatard Penfill 100units/ml suspension for injection in cartridges; and consider switching patients to Humulin I KwikPen 100units/ml suspension for injection pre-filled pen. If the above options are not considered suitable; seek advice from specialist diabetes teams on management options.
- **Updated NHSE guidance to primary care about unregulated providers who supply hormone medications to children and young people for gender incongruence**  
This [guidance](#) advises GPs against shared care agreements with unregulated providers in relation to hormone medication to children and young people under 18 as a response to gender incongruence/gender dysphoria. GPs must refuse to support the private prescribing or supply of GnRH analogues when used for the purpose of puberty suppression unless the course of treatment concerned began before 3rd June 2024. GPs should refuse to support an unregulated provider in the prescribing or supply of alternative medications that may be used to suppress pubertal development or in the prescribing of exogenous hormones.  
  
An unregulated provider is one that is not registered with, or regulated by, a UK health regulator such as the Care Quality Commission or Health Inspectorate Wales. This includes Gender GP and Anne Transgender Healthcare Ltd and other private and online services registered overseas. Details of the referral arrangements into the NHS Children and Young People's Gender Service are available [here](#).
- **Sleepful App for Cognitive Behavioural Therapy for insomnia**  
Recent [NICE Guidance](#) recommends that patients with insomnia and insomnia symptoms in primary care who would otherwise be offered sleep hygiene or sleeping pills should instead be offered cognitive behavioural therapy for insomnia via an app. The Sleepful app is available **free** at [Effective Treatment for Insomnia - Sleepful](#) or via GooglePlay or the App Store.
- **Change Freestyle Libre 2 to Freestyle Libre 2 plus**  
FreeStyle Libre 2 sensors will be discontinued in the UK in August 2025. All patients on Freestyle Libre 2 will need their prescription changed to Freestyle Libre 2 **plus**. There is no difference in price per year but each Freestyle Libre 2 Plus sensor has a 15 day wear time so the prescription duration will need to change from 28 days to 30 days. Both sensors work with the current Freestyle Libre 2 reader and with the Freestyle Libre Link app. Note - Freestyle Libre 2 plus sensors are classified as GREEN for patients with Type 1 diabetes and Double Red - Prior Approval for patients with Type 2 diabetes. (FreeStyle Libre 3 sensors should only be prescribed following prior approval for patients with Type 1 diabetes using certain insulin pumps)
- **UKHSA webinar: upcoming changes to the routine childhood immunisation schedule**  
The UK Health Security Agency (UKHSA) Immunisation Team will be hosting a webinar on Wednesday 11 June 2025, 14:00 to 15:15hrs to inform clinicians of the significant changes to the routine childhood vaccination schedule and the selective hepatitis B (HepB) programme occurring from July 2025 and January 2026, including the introduction of a new routine vaccination appointment at 18 months of age. [Register](#). If you are unable to attend on 11 June but still want to receive the recording you should complete the registration form. Please share details of this webinar with your teams and anyone working on delivering or promoting the national infant immunisation programmes.