

GLUTEN FREE FOODS ON PRESCRIPTION – GUIDANCE FOR GPs

Following a public consultation (Fit for the Future 12 July 2016-12 September 2016), the CCG Board has **decided to stop all gluten free products on prescription with effect from 1st January 2017**. The exception to this is pregnant women (from the point of confirmed pregnancy) and young people under the age of 18. These people will continue to receive gluten free products on prescription in quantities in line with Coeliac UK guidelines.

The Coeliac UK 2004 guidelines are shown below. Staple foods such as breads (including fresh bread), pasta, flours, crispbreads, breakfast cereals and pizza bases listed by the ACBS remain available up to the age of 18 and for pregnant women. The recommendations are given as units per month and are based on nutritional requirements, age, gender, how active the person is and whether they are pregnant or breastfeeding. **These amounts should only be exceeded on the advice of the dietitians.** Cake mixes and sweet biscuits should not be available on prescription.

RECOMMENDED AMOUNT PER MONTH

Age and sex	No of units
Child 1-3	10
Child 4-6	11
Child 7-10	13
Young person 11-14	15
Young person 15-18	18
Pregnant female	14
3 rd trimester pregnancy	15

NUMBER OF UNITS FOR DIFFERENT FOODS

Food item	No of units
400g bread/rolls/baguettes	1
500g bread/flour mix	2
200g crackers/crispbreads	1
250g pasta	1
2 x110-180g pizza bases	1
500g oats*	1½
300g breakfast cereals	1½
100-170g xanthan gum	1

When someone is diagnosed with coeliac disease they should always be seen by a dietitian who will advise about dietary management of the condition, and also arrange for people to sample products from different manufacturers in order to find out what they like before requesting prescriptions or purchasing foods.

PRESCRIBABLE FOODS LIST

A list of the prescribable foods is available on the website of Coeliac UK and is updated every few months. The list is available via the following link:

<https://www.coeliac.org.uk/document-library/128-prescribable-products-list/?return=/gluten-free-diet-and-lifestyle/prescriptions/>

PRE-PAYMENT CERTIFICATES

Young people up to the age of 18 and pregnant women do not pay for their prescriptions. Where an adult has purchased a pre-payment certificate exclusively for their prescriptions for gluten free foods they can apply for a refund by contacting NHS Business Services on 0845 850 0030 or www.nhsbsa.nhs.uk/1127.aspx.

TELEPHONE NUMBERS FOR QUERIES

Coeliac UK Helpline	0333 332 2033
Prescribing Support Dietitian Judith Harding	01375 365811
Adult Community Dietitians	0300 300 1602
Paediatric Community Dietitians	0300 300 1503
Hospital Dietitians (adults and paediatrics)	01268 593957

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