

NHS Prescriptions for Gluten-Free Foods

NHS Eastern Cheshire CCG, NHS South Cheshire CCG and NHS Vale Royal CCG have agreed a policy that gluten-free prescribing is restricted to gluten-free breads and gluten-free mixes only.

This is in line with the NHS England document published in November 2018:

'Prescribing Gluten-Free Foods in Primary Care: Guidance for CCGs'

<https://www.england.nhs.uk/wp-content/uploads/2018/11/prescribing-gluten-free-foods-primary-care-guidance-for-ccgs.pdf>.

Other gluten-free foods can no longer be prescribed at NHS expense.

Background

Gluten-free foods may be prescribed at NHS expense for patients with established gluten-sensitive enteropathies, including steatorrhea due to gluten-sensitivity, coeliac disease, and dermatitis herpetiformis.

The updated national list of prescribable products contained within Part XV of the Drug Tariff (compiled on behalf of the Department of Health and Social Care, and issued monthly) can be accessed here: <http://www.nhsbsa.nhs.uk>.

Position Statement

The CCG policy is that practices prescribe suitable quantities of gluten-free foods, taking into account patient age, gender and physical activity, and adjusting quantities as required during pregnancy and breastfeeding. Patients will need to consider the overall calorie / kilojoule requirement and balance their diet to deliver this using a mix of naturally gluten-free foods (e.g. meat, vegetables, dairy products), manufactured gluten-free version of foods that would normally contain gluten (e.g. pasta, cereals) and prescribed items (i.e. bread and mix). National Prescribing Guidelines have been interpreted locally to give guidance relating to the appropriate amounts of bread and mix to prescribe.

The items considered suitable for prescribing are:

- Bread (400g bread / rolls = 1 unit)
- Mix (500g bread / flour mix = 2 units)

See Appendix 1 for a list of approved gluten-free breads and mixes.

Usual quantities of these items that are considered appropriate for prescribing are shown below:

Age and sex	Suggested number of units / month from prescribed bread / mix
Child 1-6 years	6
Child 7-18 years	8
Adults 19+ years	6-8
Breastfeeding and pregnancy	May require an increase in prescribed items – seek advice from a dietitian

Implementation

This decision applies to all services contracted by or delivered on behalf of NHS Eastern Cheshire CCG, NHS South Cheshire CCG and NHS Vale Royal CCG. This would apply to: GPs, Hospital and Community NHS Trusts and independent providers.

This policy should be implemented immediately. The policy will be circulated to General Practice, local healthcare providers, the Local Pharmaceutical Committee, and made available via the MMT website: www.centralandeasterncheshireMMT.nhs.uk.

References

Coeliac UK. Gluten-free foods: a revised prescribing guide 2011. Updated 2012.

Available at: <https://www.coeliac.org.uk/gluten-free-foods-a-revised-prescribing-guide>. Accessed February 2019.

Appendix 1

NHS England has published national [CCG guidance on Prescribing Gluten-Free Foods in Primary Care](#). This guidance has been reviewed and endorsed by the Low Priority Prescribing clinical working group. The guidance provides recommendations that encourage CCGs to align their local policies with national arrangements.

ACBS approved gluten-free breads and mixes allowed on prescription from 4th December 2018.

Barkat gluten-free all-purpose flour mix	Barkat gluten-free brown rice bread
Barkat gluten-free hi-fibre bread mix	Barkat gluten-free par-baked baguettes
Barkat gluten-free par-baked rolls	Barkat gluten-free par-baked white bread sliced
Barkat gluten-free wheat free multigrain rice bread	Barkat gluten-free white rice bread
Barkat gluten-free wholemeal sliced bread	Ener-G gluten-free brown rice bread
Ener-G gluten-free dinner rolls	Ener-G gluten-free rice loaf
Ener-G gluten-free Seattle brown loaf	Ener-G gluten-free tapioca bread
Ener-G gluten-free white rice bread	Finax gluten-free coarse flour mix
Finax gluten-free fibre bread mix	Finax gluten-free flour mix
Genius gluten-free brown sandwich bread sliced	Genius gluten-free seeded brown farmhouse loaf sliced
Genius gluten-free white sandwich bread sliced	Glutafin gluten-free 4 white rolls
Glutafin gluten-free baguettes	Glutafin gluten-free bread mix 32
Glutafin gluten-free fibre bread mix	Glutafin gluten-free fibre loaf sliced
Glutafin gluten-free high fibre loaf sliced	Glutafin gluten-free multipurpose white mix
Glutafin gluten-free part-baked 2 long white rolls	Glutafin gluten-free part-baked 4 fibre rolls
Glutafin gluten-free part-baked 4 white rolls	Glutafin gluten-free Select bread mix
Glutafin gluten-free Select fibre bread mix	Glutafin gluten-free Select fibre loaf sliced
Glutafin gluten-free Select fresh brown loaf sliced	Glutafin gluten-free Select fresh seeded loaf sliced
Glutafin gluten-free Select fresh white loaf sliced	Glutafin gluten-free Select multipurpose fibre mix
Glutafin gluten-free Select multipurpose white mix	Glutafin gluten-free Select seeded loaf sliced
Glutafin gluten-free Select white loaf sliced	Glutafin gluten-free wheat-free fibre mix
Glutafin gluten-free white loaf sliced	Glutenex gluten-free white bread mix
Innovative Solutions gluten-free bakery blend	Just: gluten-free good white bread sliced
Just: gluten-free good white rolls	Just: gluten-free white sandwich bread
Juvela gluten-free bread rolls	Juvela gluten-free fibre bread rolls
Juvela gluten-free fibre loaf sliced	Juvela gluten-free fibre loaf unsliced
Juvela gluten-free fibre mix	Juvela gluten-free fresh fibre loaf sliced
Juvela gluten-free fresh fibre rolls	Juvela gluten-free fresh white loaf sliced
Juvela gluten-free fresh white rolls	Juvela gluten-free harvest mix
Juvela gluten-free loaf sliced	Juvela gluten-free loaf unsliced
Juvela gluten-free mix	Juvela gluten-free part-baked fibre bread rolls
Juvela gluten-free part-baked fibre loaf	Juvela gluten-free part-baked loaf
Juvela gluten-free part-baked white bread rolls	Lifestyle gluten-free brown bread
Lifestyle gluten-free brown bread rolls	Lifestyle gluten-free high fibre bread rolls
Lifestyle gluten-free white bread rolls	Mums Mill gluten-free quick bread mix
Orgran gluten-free bread mix	Proceli basic mix
Proceli gluten free part-baked baguettes	Tobia Brown Teff Bread Mix
Tobia White Teff Bread Mix	Tritamyl gluten-free brown bread mix
Tritamyl gluten-free flour mix	Tritamyl gluten-free white bread mix
Warburtons gluten free brown bread sliced	Warburtons gluten free brown rolls
Warburtons gluten free white bread sliced	Warburtons gluten free white rolls