

Guidance on the Prescribing of Gluten Free Foods

Prescribing Advice

- Gluten Free foods should not be routinely prescribed for patients in Bath & North East Somerset
- Prescribing can be considered in the following instances;
 - A child under 18
 - A vulnerable adult
 - Patients with complex needs
- Gluten Free foods are only allowable for patients with a clinical diagnosis of
 - Coeliac disease
 - Dermatitis herpetiformis
 - Steatorrhea due to gluten sensitivityThese are ACBS indications (Advisory Committee on Borderline Substances).
- Refer to **Appendix A**. (Decision support chart to use with patients who request prescriptions of gluten-free food.)
- The only products now available on prescription are bread, rolls and bread/flour mixes from the following ranges: Genius, Glutafin, Juvela & Warbutons. Refer to **Appendix B** (Recommended brands and quantities)
- Patients should be signposted to advice and support e.g. Coeliac UK ([www.coeliac.org.uk/0333 332 2033](http://www.coeliac.org.uk/0333%20332%202033)) and referred to a dietitian as needed.
- People requiring a gluten free diet may obtain gluten free foods from a variety of sources including supermarkets, health food stores and mail order. Refer to **Appendix C** (Guide to local gluten free shopping – see separate document)

Monthly prescribing quantities

For those patients ONLY meeting the criteria above, the below table sets out the recommended monthly requirements for various patient groups

Age & sex	Suggested monthly units
Child under 10 years	8
Child 11-18 years	12
Female 19 years and older	8
Male 19 years and older	12

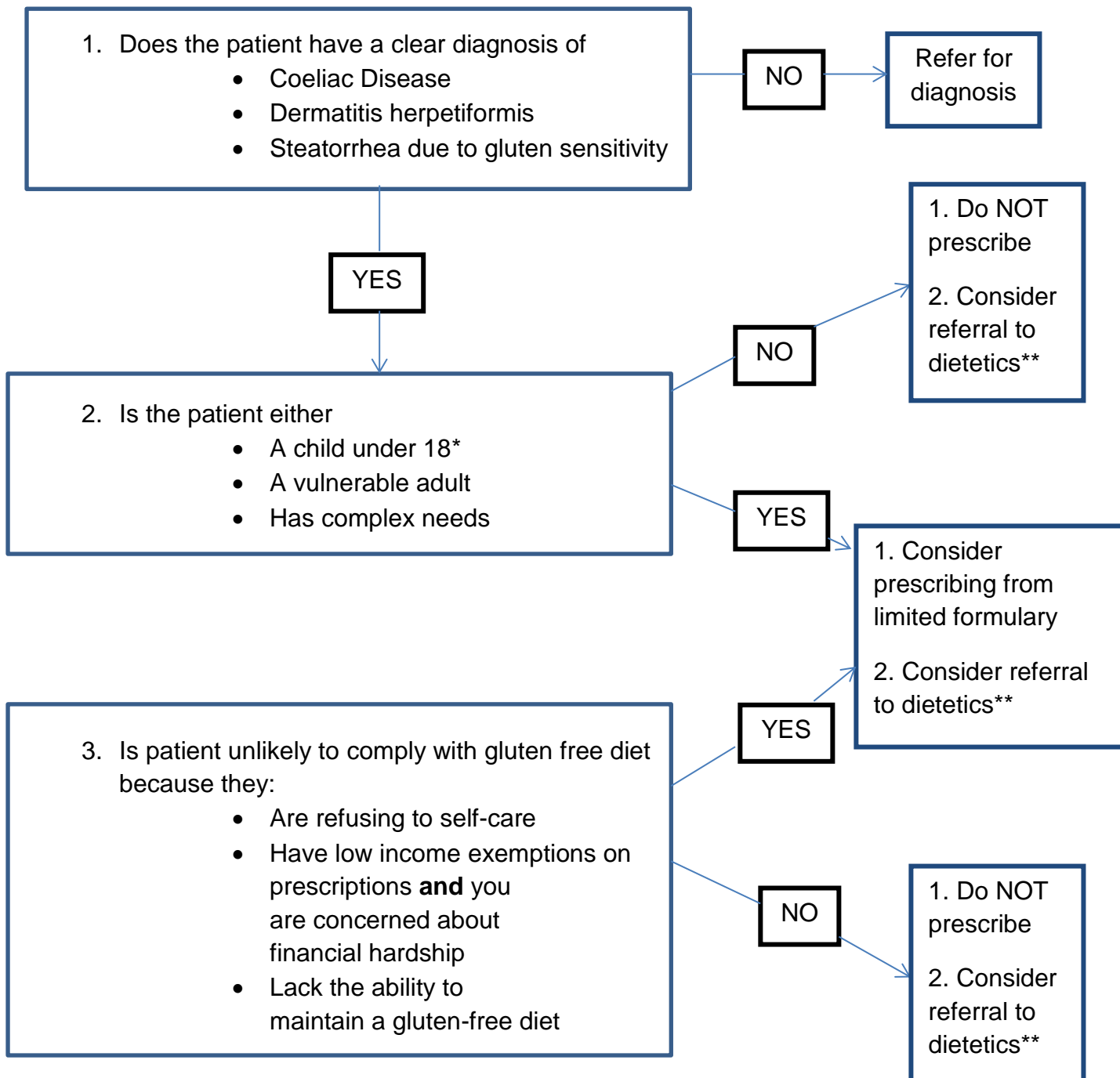
(Coeliac Uk, 2019)

1 unit is equivalent to	400g bread 400g rolls/baguettes
2 units is equivalent to	500g bread mix or flour mix

- Prescriptions should be for a maximum of one month's requirement to avoid wastage. All prescribed gluten free foods are for individuals and not for family and friends.
- Items that have not been requested in the past year should be removed to past medicines to simplify the repeat list.
- All prescriptions should be clearly marked ACBS (this indicates that the products are for a patient with an indication recommended by the Advisory Committee on Borderline Substances)

Appendix A.

Decision support chart to use with patients who request prescriptions of gluten-free foods



*** Patients under 18 will be reviewed annually by either Paediatrician or Paediatric Dietetics**

****Prescribing support dietitian based at St Martins Hospital funded to support patients with Coeliac disease in light of changes to prescribing policy**

Appendix B.

Prescribable product List taken from January 2019 list Coeliac UK website

	GENIUS	GLUTAFIN	JUVELA	WARBURTONS GLUTEN FREE (PHARMACY)
Bread	<p>Seed Brown Farmhouse Loaf 6 x 535g (PIP Code 403-8345)</p> <p>Soft Brown Sandwich Loaf 6 x 535g (PIP Code 379-8550)</p> <p>Soft White Sandwich Loaf 6 x 535g (PIP Code 379-8568)</p>	<p>Gluten free:Fibre Loaf Sliced 300g(PIP Code 237-7356)</p> <p>Gluten free High Fibre Loaf Sliced 350g(PIP Code 401-4296)</p> <p>Gluten free Part-Baked Baguettes 350g(PIP Code 224-0117)</p> <p>Gluten free White Loaf Sliced 300g(PIP Code 090-4268)</p> <p>Gluten free Select Fresh Brown Loaf Sliced 8 x 400g(PIP Code 330-6800)</p> <p>Gluten free Select Fresh Seeded Loaf Sliced 8 x 400g(PIP Code 402-3685)</p> <p>Gluten free Select Fresh White Loaf Sliced 8 x 400g(PIP Code 290-6840)</p> <p>Gluten free Select Fibre Loaf Sliced 400g(PIP Code 054-6101)</p> <p>Gluten free Select Seeded Loaf Sliced 400g(PIP Code 308-9364)</p> <p>Gluten free Select White Loaf Sliced 400g(PIP Code 054-6093)</p>	<p>Juvela Gluten free Fibre Loaf Sliced 400g (PIP Code 074-8632)</p> <p>Juvela Gluten free Fibre Loaf Unsliced 400g (PIP Code 010-1675)</p> <p>Juvela Gluten free Fibre Part Baked Loaf 400g (PIP Code 273-6890)</p> <p>Juvela Gluten free Fresh Fibre Bread 8 x 400g (PIP Code 339-9789)</p> <p>Juvela Gluten free Fresh White Bread 8 x 400g (PIP Code 322-0217)</p> <p>Juvela Gluten free White Loaf Sliced 400g (PIP Code 074-8590)</p> <p>Juvela Gluten free White Loaf Unsliced 400g (PIP Code 031-4781)</p> <p>Juvela Gluten free White Part Baked Loaf 400g (PIP Code 273-6882)</p>	<p>Gluten, Wheat & Milk Free Sliced Brown Loaf (Cases of 4) 400g (PIP Code 368-5278)</p> <p>Gluten, Wheat & Milk Free sliced White Loaf (Cases of 4) 400g(PIP Code 368-5260)</p>
Rolls		Glutafin 4 White Rolls 6 x 200g(PIP Code 344-3645)	Fibre Part Baked Rolls 5 x 75g (PIP Code 262-9020)	Gluten, Wheat & Milk Free 3 Brown Rolls (Cases of 4)

		<p>Glutafin Part-Baked 4 Fibre Rolls 200g(PIP Code 344-3652)</p> <p>Glutafin Part-Baked 4 White Rolls 200g(PIP Code 344-2753)</p> <p>Glutafin Part-Baked 2 Long White Rolls 150g(PIP Code 344-3637)</p>	<p>Fibre Rolls 5 x 85g (PIP Code 080-3668)</p> <p>Fresh Fibre Rolls (Case of 8) 5 x 85g (PIP Code 355-6800)</p> <p>Fresh White Rolls (Case of 8) 5 x 85g (PIP Code 355-8871)</p> <p>White Part Baked Rolls 5 x 75g (PIP Code 243-7267)</p> <p>White Rolls 5 x 85g (PIP Code 010-5916)</p>	<p>220g(PIP Code 368-5294)</p> <p>Gluten, Wheat & Milk Free 3 White Rolls (Cases of 4) 220g(PIP Code 368-5286)</p>
Bread, flour Mix		<p>GLUTAFIN Gluten free Bread Mix 500g(PIP Code 298-8418)</p> <p>Gluten free Fibre Bread Mix 500g (PIP Code 298-8426)</p> <p>Gluten free Fibre Mix 500g(PIP Code 231-2973)</p> <p>Gluten free Multipurpose White Mix 500g(PIP Code 231-2981)</p> <p>Gluten free Select Bread Mix 500g(PIP Code 274-4951)</p> <p>Gluten free Select Fibre Bread Mix 500g (PIP Code 297-9912)</p> <p>Gluten free Select Multipurpose Fibre Mix 500g(PIP Code 004-5591)</p> <p>Gluten free Select Multipurpose White Mix 500g(PIP Code 004-5187)</p>	<p>JUVELA Gluten free Harvest White Mix 500g (PIP Code 247-7875)</p> <p>Gluten free Fibre Mix 500g (PIP Code 023-6042)</p> <p>Gluten free White Mix 500g (PIP Code 035-2161)</p>	

