

Wiltshire CCG recommends that prescribing of Gluten-free foods should be in accordance with the DHSC Consultation on Gluten Free Prescribing

- Only patients with a diagnosis of Coeliac Disease or Dermatitis Herpetiformis should receive prescriptions for Gluten Free food as per changes following the DHSC Consultation¹
- The only products prescribed on the NHS for patients are those listed in the Drug Tariff with Advisory Committee on Borderline Substances (ACBS) approval²
 - Bread (includes rolls and part baked bread)
 - Mixes (does NOT include flour)
- The continued provision of Gluten Free bread and mixes on NHS prescription aims to help support patient adherence to a Gluten Free diet.

A summary of key considerations for the healthcare professional:

- The patient, where appropriate, should apply for a certificate of prepayment of prescription charges (FP95). Find out more about prepayment certificates on the following website: <http://www.nhsbsa.nhs.uk/1127.aspx>
- Each prescription should be for a one month supply of gluten-free foods
- Use Coeliac UK guidance on recommended units in order to prescribe appropriate amounts and types of gluten-free products (as per information below)
- Provide the patient with a list of all the foods that they may require, with the quantity of each, so that the patient can select on the repeat prescription those that are required for that particular month and amend quantities as necessary

Quantity of Gluten Free items on prescription

Number of units represented by the prescribable gluten-free food item

Prescribable food item	No. of units
400g bread/	1
100 - 250g rolls	½
250 - 400g rolls	1
500g bread mix	2

Additional units may be required and this should be assessed on an individual basis by a registered dietitian.

The approximate monthly requirement for various patient groups.

Age group	Advised number of units
1-3 years	10
4-6 years	11
7-10 years	13
11-14 years	15
15-18 years	18
Male 19-59 years	18
Male 60-74 years	16
Male 75+ years	14
Female 19-74 years	14
Female 75+ years	12
Breastfeeding	Add 4 units
3rd trimester pregnancy	Add 1 unit

The food examples can be interchanged i.e. bread mixes can be interchanged with bread, rolls or baguettes

Key Reference Source

¹ https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/735410/consultation-on-gluten-free-foods-on-nhs-prescription.pdf

² <https://www.nhsbsa.nhs.uk/pharmacies-gp-practices-and-appliance-contractors/drug-tariff>