

GLUTEN FREE FOODS ON PRESCRIPTION – GUIDANCE FOR GPs

The Coeliac UK 2004 guidelines, which recommend the amount of gluten free foods that a person with coeliac disease or dermatitis herpetiformis should be able to access on prescription, are shown below. 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.**

RECOMMENDED AMOUNT PER MONTH

Age and sex	No of units
Child 1-3	10
Child 4-6	11
Child 7-10	13
Child 11-14	15
Child 15-18	18
Male 19-59	18
Male 60-74	16
Male 75+	14
Female 19-74	14
Female 75+	12
Breastfeeding	Add 4
3 rd trimester pregnancy	Add 1
High physical activity level	Add 4

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

In January 2011 Coeliac UK issued a statement recommending that cake mixes should no longer be available on prescription and sweet biscuits should only be considered in exceptional circumstances on clinical advice. Staple foods such as breads (including fresh bread), pasta, flours, crispbreads, breakfast cereals and pizza bases listed by the ACBS should remain available.

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 provide vouchers for people to sample products from different manufacturers in order to find out what they like before requesting prescriptions.

PRE-PAYMENT CERTIFICATES

It may be cheaper for those paying for their prescriptions to purchase pre-payment certificates.

3 month unlimited prescriptions for £29.10 (cost-effective for 4 or more prescriptions in that time)

12 month unlimited prescriptions £104 (cost effective for 12 or more prescriptions in that time)

Further information 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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