

GLUTEN FREE FOODS ON PRESCRIPTION – GUIDANCE FOR GPs

Following a Department of Health and Social Care consultation in 2017 and further consultation in 2018, only the breads and mixes listed below remain on the Drug Tariff as of 4th December 2018. No other foods are prescribable as of 4th December 2018. Any new breads or mixes developed by manufacturers will need to seek ACBS approval in the usual way. Lists of prescribable foods are on the Coeliac UK website www.coeliac.org.uk

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

RECOMMENDED AMOUNT PER MONTH

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.

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 mix	2

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

12 month unlimited prescriptions £104

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 1502
Paediatric Community Dietitians	0300 300 1503
Hospital Dietitians (adults and paediatrics)	01268 593957

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Written by the Medicines Management Team on behalf of Thurrock CCG