

## **Guideline for Prescribing Gluten-Free Products**

### **Key recommendations:**

1. Prescribe gluten-free (GF) foods only to patients with a **confirmed diagnosis** of gluten-sensitive enteropathies, including coeliac disease and dermatitis herpetiformis. Gluten-free products must not be prescribed on the NHS for indications which do not have ACBS approval, such as irritable bowel syndrome, wheat intolerance, Asperger's Syndrome.
2. Prescribe no more than the quantities recommended in table 1. Prescriptions should generally be issued monthly, but a two-month prescription can be issued if necessary to meet a supplier's minimum order quantity for a product. N.B. fresh loaves can be frozen.
3. Prescribe only the approved staple products of bread and flour - see [Drug Tariff](#). Other products should not be prescribed under any circumstances but can be purchased by patients.
4. Aim to prescribe products from suppliers that do not have a delivery surcharge.
5. Offer patients an annual review with a consultant, GP or dietician, including advice on smoking cessation, limiting alcohol intake, exercise and a healthy diet. Key dietary nutrients to include are fibre, iron and calcium - some GF products are fortified. Naturally GF foods include:
  - o Rice, potatoes, oats, pulses (peas, beans and lentils) and some cereals
  - o Fruit, vegetables, nuts and seeds
  - o Meat, poultry, dairy, fish and seafood
 Further dietary advice is available from [Coeliac UK](#).

### **Recommended Quantities**

This guidance, based on [NHS England Guidance 2018](#), intends to ensure patients with ACBS approved indications are able to receive staple products whilst acknowledging that the price differential between GF and equivalent gluten-containing products is now lower than ever before. The recommended monthly quantities of GF bread or flour products on the NHS is intended to supplement patients to the value of this differential, rather than provide the full quantities outlined in [Coeliac UK's National Prescribing Guidelines](#).

**Table 1:** Recommended number of units per month that may be provided on NHS prescription

Sex	Age group	Recommended number of units per month
Male	1-6 years	6
	7+ years	8
Female	1-6 years	6
	7-74 years	8
	75+ years	6
	3 <sup>rd</sup> trimester pregnancy	Add 1 unit
	Breastfeeding	Add 4 units

In exceptional cases, and only on the explicit instruction of a dietician, a patient may receive additional units if they a) have high-energy requirements due to their job or, b) are suffering from malnutrition.

- 400g bread/rolls/baguettes = 1 unit
- 500g bread/flour mix = 2 units

A combination of bread and flour can be issued, e.g. if recommendation is 6 units per month, then can prescribe 4 x 400g bread/rolls/baguettes and 1 x 500g bread/flour mix.

## **Product Selection**

The list of GF bread and flour products that may be prescribed on the NHS can be found in the [Drug Tariff](#) Part XV.

Table 2 shows a copy of this list which was valid at the time of guideline publication, but prescribers should bear in mind that product availability may change.

**Table 2:** List of products available as per Drug Tariff August 2021

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

Products which are readily available from local wholesalers or by ordering direct from the manufacturer should be selected. Ordering products not normally stocked at wholesalers may incur handling or delivery charges - chargeable to NHS budgets. GP practices and community pharmacies should work together to minimise extra charges.