

Medicines Management - Practice Detail Aid

Guidelines for Prescribing Gluten-Free Products in Adults

Background

Box 1

This guideline is to provide advice and support on the recommended prescribing of gluten free products in primary and secondary care in SoTW.

- The costs of foods for special diet is rising every year. In 2009/10, the expenditure was for Gateshead £112,000, South Tyneside £70,000, Sunderland £447,000. Total spend of £629,000. An additional £37,000 was spent compared to the previous year (growth of +6.0 %)
- Gluten free foods are only approved for use in the following indications if diagnosed by a gastroenterologist
 - gluten enteropathy with coexisting wheat sensitivity
 - coeliac disease
 - dermatitis herpetiformis
- Gluten free foods are not approved for other conditions such as irritable bowel syndrome, wheat intolerance or Asperger's Syndrome.
- Gluten-free products are not necessarily low-protein, lactose or sucrose free or wheat free.

General Recommendations

Box 2

- Practice is advised to hold a meeting to discuss implementation of the guideline.
- Practice to review all patients currently prescribed gluten free foods:
 - confirm approved diagnosis and verify GF register
 - reduce quantities, prescribe no more than one-months supply
 - prescribe as "acute" and mark as ACBS.
 - stop luxury food items (see box 4)
 - provide patients with information leaflets on gluten free products
- Many everyday foods are naturally gluten-free and listed in Coeliac UK's food and drink directory.
- Signpost new patients to Coeliac UK. Support for the first 6 months is free but a charge exists for membership after six months.
- Regular consultation with the patient should be encouraged.
- Practice to set up systems and processes to check for luxury items, quantities, definite diagnosis before adding new lines to the computer system.
- Practice should review prescribing patterns to review successful implementation of guidance. Data is available on request from the PCT medicines management team.

Recommended Gluten Free Products - It is important to ensure that all products ordered on prescription are readily available either from local wholesalers or by direct ordering from manufacturers, as ordering lines that are not normally stocked at wholesalers may incur handling and/or carriage charges. GP practices and community pharmacies should work closely together so that any extra charges are kept to a minimum. **Box 3**

GF Food	Product Description	Manufacturer
Flour	e.g., Flour mix, Blended flour	e.g., Barkat, Bi-Aglut
Plain bread rolls and loaves	e.g., Brown bread, White bread	e.g., Juvela, Porceli
Part baked bread	e.g., White bread, Fibre loaf, Flat bread	e.g., Barkat, Glutafin
Crackers	e.g., Crisp Bread, Crackers	e.g., Glutafin, Ultra
Pizza bases and mix	e.g., Pizza bases, Pizza mix	e.g., Ener-G, Dietary Specials
Pasta	e.g., Spaghetti, Tagliatelle	e.g., Barkat, Dietary Specials

SoTW PCTs ♦ Guideline Launched Summer 2011

Detail Aid to be used to support implementation of sip feed guidance

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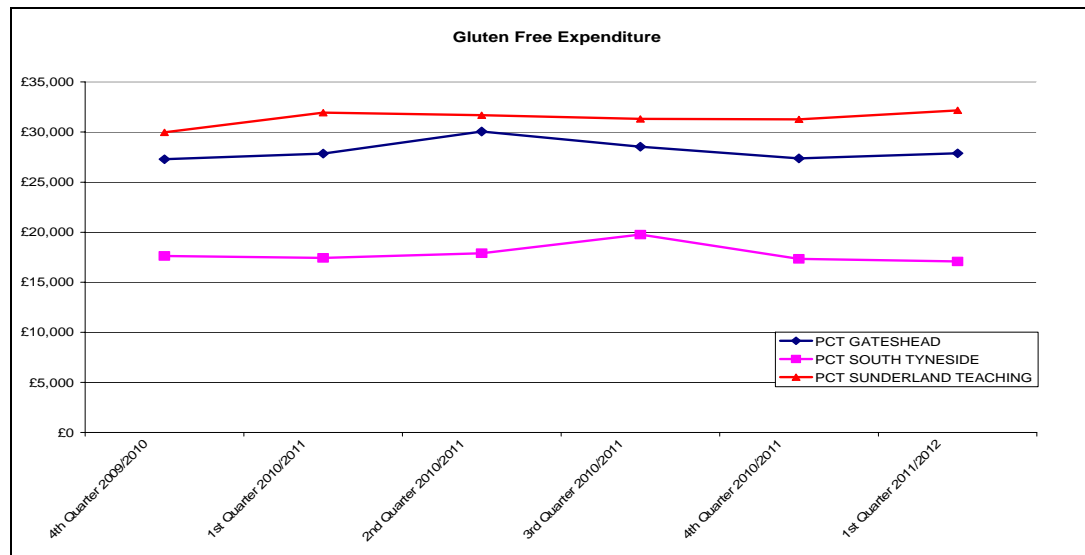
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“Luxury” Products

Box 4

The SoTW PCTs Medicines Management Committee recommends that the “Luxury” products should not be prescribed.

GF Product	Product Description	Manufacturer
Cakes and Mix	e.g., Cake Mix	e.g., Glebe Farm Foods, Glutafin
Biscuits	e.g., Digestive biscuits, Cookies (vanilla flavour)	e.g., Barkat, Dietary Specials
Other	e.g., xanthan gum	e.g., Ener-G, Innovative Solutions Pure
It should be noted that the PCT considers some other product types to be luxury items:		
Flour	e.g., Pure brown rice flour, Pure potato flour	e.g., Innovative Solutions Pure
Bread	e.g., White rice bread, Multigrain sliced loaf	e.g., Barkat, Dietary Specials
Part Baked Bread	e.g., Baguettes	e.g., Barkat, Proceli
Pasta	e.g., Buckwheat pasta, Corn pasta	e.g., Barkat, Orgran, Rizopia



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