

GUIDELINES FOR PRESCRIBING GLUTEN-FREE PRODUCTS IN ADULTS

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NHS SOUTH OF TYNE AND WEAR

PRESCRIBING GLUTEN-FREE PRODUCTS IN ADULTS

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Coeliac UK

Gastroenterologists Sunderland, South Tyneside and Gateshead

AIM

To provide cost-effective prescribing advice on gluten free products to clinicians in NHS South of Tyne & Wear PCTs.

DEVELOPMENT

The guidance was developed by clinicians across South of Tyne & Wear PCTs. A list of contributors is provided on page 3 of the guidance.

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Background

The Department of Health, through the Advisory Committee on Borderline Substances (ACBS):

- Supports the prescribing of gluten free foods for patients with established gluten-sensitive enteropathies including steatorrhoea due to gluten sensitivity, coeliac disease and dermatitis herpetiformis.
- The ACBS does not approve prescribing gluten free foods for other conditions such as irritable bowel syndrome, wheat intolerance or Asperger's Syndrome.
- Gluten-free (GF) products are not necessarily low-protein, lactose or sucrose free or wheat free.
- Gluten free food expenditure for Gateshead, South Tyneside and Sunderland in 2009/10 was: Gateshead £112,000, South Tyneside £70,000, Sunderland £447,000. Total spend of £629,000. (With an additional £37,000 spent compared to the previous year (growth of +6.0 %))

Prescribing gluten-free foods

Essential Items:

The PCT considers that certain foods are essential (see table 1) and are therefore available through the NHS.

Luxury Items:

The PCT promotes healthy eating and thus some (see table 2) are considered to be luxuries and are not available in this PCT.

General Recommendations

- Patients should be encouraged to buy luxury gluten-free (GF) food items which are readily available from pharmacies, health stores & supermarkets.
- Prescriptions should be for a one-month supply only and issued on an acute prescription. (See table 3 for example of maximum recommended quantities.)
 - The shelf-life of products varies considerably and some products are difficult to store. Practices should consider carefully about the quantity of each product that is given on a prescription.
 - Some products such as bread can be frozen, however their palatability may be affected depending on the length of time that they are frozen.
- A list of all the foods that the patient may require should be produced (see appendix 1), with the quantity of each so that the patient can select those that are required for that particular month and amend quantities as necessary. This means that patients can order a multitude of items as long as they do not exceed the monthly quota.
 - Any changes to the prescription can be delegated to an informed practice member and then checked by the GP.
- Patients who pay for prescriptions can apply for a pre-payment certificate.
- Patients are not entitled to exemption from prescription charges on the basis of coeliac disease and dermatitis herpetiformis only.
- The prescription must be marked ACBS.
- Patients who are newly diagnosed should be provided with a patient information leaflet on gluten-free products (see appendix 1).
- Signpost new patients to Coeliac UK. Support for the first 6 months is free but a charge exists for membership after six months.
- Many everyday foods are naturally gluten-free and listed in Coeliac UK's food and drink directory. These include rice, potatoes, corn (maize), soy beans, buckwheat, millet and lentils.

- Regular consultation with a dietitian (Coeliac UK recommends all newly diagnosed patients see a dietitian regarding diet and prescriptions initially and then annually as part of routine management of their condition) should be encouraged if there are issues regarding dietary management.
- General Practitioners are reminded that the Advisory Committee on Borderline Substances recommends products on the basis that they may be regarded as drugs for the treatment of specified conditions. Doctors should satisfy themselves that the products can be safely prescribed, that patients are adequately monitored and that, where necessary, expert hospital supervision is available.

Table 1 : Essential 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.

Any carriage or handling charges incurred are charged to NHS budgets.

GF Food	Product Description	Product Brand Name
Flour	e.g., Flour mix, Blended flour, Pure brown rice flour, Pure potato flour, Pure tapioca flour, Pure white rice flour	e.g., Barkat, Bi-Aglut, Innovative Solutions Pure, Tobia
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
Porridge	Nairns Gluten Free oat porridge	Nairns

See appendix 1 for detailed list.

Table 2 : Luxury products allocated by PCT as not to be given regularly on prescription.

GF Product	Product Description	Product Brand Name
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:		
Bread	e.g. White rice bread	e.g., Barkat
Part Baked Bread	e.g., Baguettes	e.g., Barkat, Proceli
Pasta	e.g., Buckwheat pasta Corn pasta	e.g., Barkat, Orgran, Rizopia

See appendix 2 for detailed list.

Table 3 : Maximum recommended quantities of gluten free products

The number of units per month given below is a guide only, the patient does not have to have this many units a month if they do not require them.

Age group		Prescribing recommended as the suggested Maximum recommended number of units per month
Male	19-59 years	18
	60-74 years	16
	75+ years	14
Female	19-74 years	14
	75+ years	12
	Breastfeeding	Add 4 units
	3rd trimester pregnancy	Add 1 unit
High physical activity level		Add 4 units
Child	1-3 years	10
	4-6 years	11
	7-10 years	13
	11-14 years	15
	15-18 years	18

Consensus by BDA, Coeliac UK, Primary Care Society for Gastro. & B.Soc Paed Gast.

Where:

1 unit is equivalent to 400g bread/rolls or 200g crackers / crisp breads.

2 units is equivalent to 500g flour mix or pasta

Management of a patient requiring gluten free products

Diagnosis should be confirmed through a positive serological test followed by endoscopy and biopsy by a Consultant Gastroenterologist .

Advice should be provided by a GP, dietician or practice nurse

All patients should be signposted to the Coeliac Society for further help and advice at www.coeliac.org.uk.

Life style advice

- Increase physical activity
- Reduce smoking
- Reduce alcohol
- Patients should be encouraged to eat natural gluten free products such as rice and potatoes as part of their balanced diet.
- Dietary advice regarding for example weight management / diabetes / hyperlipidaemia / underweight / information regarding increased calcium requirements

Consider further referral to gastroenterology if:

- Poor response to GF diet
- Weight loss on GF diet
- Blood in stools
- Unexplained abdominal pain
- Abnormal blood results

Other Considerations:

- Consider dietary requirements for calcium & vitamin D. Advice on dietary sources to increase these nutrients should be provided to patients.
- HRT or Bisphosphonate (Alendronic acid 70mg weekly) if patient is at risk of osteoporosis
- Vaccination against pneumococcus & influenza

Appendix 1: Patient Information Leaflet

There are a variety of gluten-free foods currently available on prescription to help replace staple foods. These should be included in the diet to enable people with coeliac disease to achieve a healthy, balanced diet.

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

Gluten-free prescribable items have been allocated a ‘unit’ value based on their carbohydrate and energy content and their cost:

Prescribable food item	No. of units
400g bread	1
400g rolls/baguettes	1
500g bread mix/flour mix	2
150g - 200g crackers	1
500g pasta	2
2 x 110g-180g pizza bases	1

Age group	Maximum no. units monthly	Example suggested monthly prescription (items can be interchanged, e.g. bread mixes can be interchanged with rolls or loaves)
Male 19-59 years	18	10 x 400g loaves of bread (or 5 x 500g mix suitable for making bread) 1 x (2 x 55/90g) pizza bases 2 x 100g crackers/crisp breads 1 x 500g pasta 1 x 500g flour mix
Male 60-74 years	16	10 x 400g loaves of bread (or 5 x 500g mix suitable for making bread) 2 x 100g crackers/crisp breads 1 x 500g pasta
Male 75+ years	14	8 x 400g loaves of bread (or 4 x 500g mix suitable for making bread) 2 x 100g crackers/crisp breads 1 x 500g pasta
Female 19-74 years	14	8 x 400g loaves of bread (or 4 x 500g mix suitable for making bread) 2 x 100g crackers/crisp breads 1 x (2 x 55/90g) pizza bases 1 x 500g pasta
Female 75+ years	12	6 x 200g loaves of bread (or 3 x 500g mix suitable for making bread) 2 x 100g crackers/crisp breads 1 x 500g pasta
High Physical Activity Level	Add 4 Units	1 x 500g pasta 2 x 100g crackers/crisp breads
3 rd Trimester Pregnancy	Add 0 Unit	
Breastfeeding	Add 4 Units	1 x 500g pasta 1 x 400g loaf of bread 1 x 100g crackers/crisp breads

Gluten – free foods: Patient guide for adults

Introduction

Coeliac disease is unique among gastrointestinal disorders in that an effective dietary treatment is available that will restore almost all patients to full health, and help to protect against the development of complications. Every effort should be made to ensure that patients understand this and have easy access to gluten-free products suitable for their needs. For further information log on to www.coeliac.org.uk

You may find it difficult at first but the best way to ensure good health is for patients to adhere to a special diet. Difficulties however, can mostly be overcome by **providing patients with good, sensible and practical advice.**

It is also apparent that those patients who are regularly reviewed adhere much better to their gluten-free diet than those who are left to their own devices.

Product	Brand	No Ordered
<i>e.g.,: Cut White loaf</i>	<i>Juvela</i>	2
<i>Fibre Bread Mix</i>	<i>Glutafin</i>	1
BREAD		
Fresh sliced white loaf		
Fresh sliced fibre loaf		
Sliced white loaf		
Sliced fibre loaf		
White bread rolls		
PIZZA BASES		
CRISP BREADS		
Crisp roll		
PASTA		
Pasta shells		
Spaghetti		
Tagliatelle nests		
CRACKERS		

This leaflet provides a guide in the amounts of prescribable gluten-free products that are appropriate for patients with coeliac disease.

- Many Supermarkets stock Gluten-free foods and we advise you to try these as these will provide variety for your diet.
- Your first supply will be for a week to allow you to find out which of the foods is suitable.
- Supplies after this will be for 4 weeks.



Appendix 2: Essential products

The following information is taken from the drug tariff.

GF food	Product Description	Product Brand Name
Flour	Flour mix Blended flour White flour Brown flour Bread flour mix Plain flour mix White bread mix White mix Brown bread mix Bread mix Coarse flour mix Gluten-free wheat-free white mix Gluten-free wheat-free bread mix Gluten-free wheat-free fibre bread mix Fibre bread mix Fibre mix Hi-fibre bread mix Mix Wheat-free hi-fibre bread mix Self-raising flour Harvest mix Pure teff brown flour Pure teff white flour Teff Flour Pure brown rice flour Pure potato flour Pure tapioca flour Pure white rice flour	Barkat, Bi-Aglut , Dietary Specials, Glebe Farm Foods, Finax, Glutafin, Glutafin Select, Heron Foods Organic, Il Pane di Anna, Innovative Solutions Pure, Juvela, Orgran, Proceli, Tritamyl, Teff, Wellfoods, Pure teff, Tobia, Innovative Solutions P
Plain bread rolls and loaves	Fresh sliced fibre loaf Fresh sliced white loaf Fibre loaf (sliced and unsliced) White lunch rolls Loaf Rolls Sliced loaf Bread Sliced white bread White rolls Sandwich white bread sliced Sliced brown bread High fibre bread rolls	Juvela, Porceli, Wellfoods, Ultra, Pasticely, Livwell, Lifestyle, Glutafin Select, Glutafin, Ener-G, Bi-Aglut, Genius, Barkat, DS-gluten free

GF food	Product Description	Product Brand Name
	High fibre bread Brown bread White bread Wholemeal sliced bread Multigrain sliced loaf White multigrain sliced loaf 400g Brown Multigrain Loaf sliced 400g Loaf (sliced and unsliced) Fibre rolls Gluten-free wheat-free white rolls Gluten-free wheat-free white loaf (sliced) Gluten-free wheat-free fibre rolls Gluten-free wheat-free fibre loaf (sliced) Gluten-free wheat-free multi grain bread Flat bread (used for different culture groups) Warbutons Gluten Free Bread Mrs Crimbles gluten-free fresh bread Mrs Crimbles gluten-free bread mix Wholemeal Sliced Bread 500g	
Part baked bread	White bread White sliced bread White rolls Fibre bread rolls Fibre loaf Loaf Long white rolls	Barkat, Glutafin Select, Juvela, Proceli
Crackers	Crisp Bread Cracker bread Crackers High fibre crackers Mini crackers Round crackers	Glutafin, Ultra, Juvela, Dietary Specials, Barkat
Pizza bases and mix	Pizza bases Pizza mix Brown rice pizza crust White rice pizza crust Pizza base mix	Ener-G, Dietary Specials, Glutafin, Juvela, Proceli, Ultra, Wellfoods, Glebe Farm Foods, Barkat, Il Pane di Anna
Pasta	Macaroni Spaghetti Spirals	Barkat, BiAlimenta, Bi-Aglut, Dietary Specials, Glutafin, Gratis, Juvela, Pasticely, Proceli, Ultra

GF food	Product Description	Product Brand Name
	Tagliatelle Lasagne Tubetti Potato pasta gnocchi Fusilli Penne Macaroni Shells Alphabets Animal shapes Fibre linguine Fibre penne Puntini, short spaghetti, small macaroni, spirals Brown rice pasta	
Porridge	Nairns Gluten Free oat porridge	Nairns

Luxury products allocated by PCT as not to be given regularly on prescription.

The following information is taken from the drug tariff.

GF Product	Product Description	Product Brand Name
Bread	White rice bread Seeded Loaf Buns Mixed grain sourdough bread Brown rice bread Petites baguettes Six flour loaf Dinner rolls Rice loaf Seattle brown loaf Seattle brown rolls (hamburgers) Seattle brown rolls (hot dogs) Tapioca bread Baguettes Toasting bread buns Rustic white bread sliced Sandwich bread Sandwich rice bread Burger buns	Barkat, Dietary Specials, Glutafin, Proceli, Sunnyvale, Ener-G, Valpiform, Livwell, Pasticely, Wellfoods, Ultra
Part Baked Bread	White dinner rolls White rolls (hotdog) Baguettes Country sliced loaf	Barkat, Proceli, Livwell, Pasticely

GF Product	Product Description	Product Brand Name
	Circle bread rolls Square dinner rolls White rustic rolls White baguettes	
Biscuits	Biscuits Digestive biscuits Hoops tea biscuits Cookies (vanilla flavour) Savoury biscuits Savoury shorts Shortbread biscuit Sweet biscuits (without chocolate or sultanas) Tea biscuits Sweet biscuits	Barkat, Dietary Specials, Ener-G, Glutafin, Juvela, Polial, Ultra
Pasta	Buckwheat pasta Corn pasta Ris 'o' mais (rice and maize) pastas Rice pasta Rice and millet spirals Rice spirals Ris 'o' mais macaroni Elbow pasta	Barkat, Orgran, Rizopia, Ener-G, Il Pane di Anna, Pasticely
Cakes and Mix	White bread and pizza mix Cake Mix Gluten-free wheat-free pastry mix Gluten-free wheat-free bread/cake mix White cake mix Pizza & pastry mix Battenberg	Glebe Farm Foods, Glutafin, Heron Foods Organic , Dietary Specials, Glutafin Select, Il Pane di Anna, Juvela, Orgran
Other	Xanthan gum Cornflakes Gluten-free fibre flakes 300g Gluten-free special flakes 300g	Ener-G, Innovative Solutions Pure, Barkat, Juvela

Appendix 3: Patient Poster

GLUTEN FREE FOODS



Due to the present financial climate NHS SoTW are reviewing the prescribing of all gluten free foods.

Your prescription may be altered after this review.

A leaflet is available from reception that will explain more about why gluten free foods are needed and how the practice will calculate individuals' monthly requirements.



GUIDELINES FOR PRESCRIBING GLUTEN-FREE PRODUCTS IN ADULTS

Following a review of gluten free flour products on the luxury list, in response to a communication with PALs

The products listed below have been amended and added to the essential products list to be available to be prescribed.

GF Product	Product Description	Product Brand Name
Flour	Pure brown rice flour Pure potato flour Pure tapioca flour Pure white rice flour	Innovative Solutions Pure, Tobia, Innovative Solutions P

New Products

The products listed below are new products and have been added to the essential products list to be available to be prescribed.

GF Product	Product Description	Product Brand Name
Bread	Warbutons Gluten Free Bread	Warbutons
Porridge	Nairns Gluten Free oat porridge	Nairns