

Guidelines for prescribing gluten-free products in adults and children

Implementation date: August 2013

Updated April 2014

Review date: August 2015

This guideline has been prepared and approved for use within Gateshead in consultation with Gateshead CCG and Secondary Care Trusts.

Approved by:

Committee	Date
Gateshead Medicines Management Committee	14 th August 2013

Order form updated September 2014

This guideline is not exhaustive and does not override the individual responsibility of health professionals to make decisions appropriate to the circumstances of the individual patient, in consultation with the patient and/or guardian or carer.

Full details of contra-indications and cautions for individual drugs are available in the BNF or in the Summary of Product Characteristics (available in the Electronic Medicines Compendium)

www.emc.medicines.org.uk

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 CCG in 2012/13 was £109,000, an increase of £3000 compared to 2011/2012.

Prescribing gluten-free foods

Essential Items:

The CCG considers that certain foods are essential (see below) and are therefore available through the NHS.

Table 1: essential products

GF food	Product description
Flour	Flour mix, blended flour, pure brown rice flour, pure potato flour, pure tapioca flour, pure white rice flour
Plain bread rolls and loaves	Brown bread, white bread
Part baked bread	White bread, fibre loaf, flat bread
Crackers	Crisp bread, crackers
Pizza bases and mixes	Pizza bases, pizza base mixes
Pasta	Spaghetti, tagliatelle etc
Cereals	Porridge, flakes

Luxury Items:

The CCG promotes healthy eating and thus some (see below) are considered to be luxuries and are not available in Gateshead CCG.

Table 2: luxury products

GF product	Product description*
Cakes, Pastries and Cake/Pastry mix	Cakes, Pastries, Cake mix, Pastry mix NB Some bread/pizza mixes include use as a pastry mix
Biscuits	Digestive biscuits, cookies (vanilla flavour)
Other	Xanthan gum
It should be noted that the CCG considers some other product types to be luxury items:	
Bread	Rice bread
Part baked bread	Baguettes
Pasta	Buckwheat pasta, corn pasta

*Please refer to appendix 1 for a detailed list.

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 a repeat 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 number of allocated units for 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. Products without ACBS approval **should not** be prescribed on the NHS.
 - 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.
- Patients who are newly diagnosed should be provided with a patient information leaflet on gluten-free products (see appendix 2).
- Signpost new patients to Coeliac UK.
 - Membership is no longer free for the first 6 months, details of membership charges are available on the website <https://www.coeliac.org.uk/join-us/>
- 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. Ensure patients are made aware of these.
- Regular consultation with a dietitian should be encouraged if there are issues regarding dietary management.
- 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 which are charged to NHS budgets. This is why certain products have been assigned luxury status. GP practices and community pharmacies should work closely together so that any extra charges are kept to a minimum.

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.

Patient group		Suggested maximum number of units per month ¹
Child	1 – 3 years	10
	4 – 6 years	11
	7 – 10 years	13
	11 – 14 years	15
	15 – 18 years	18
Male	19 – 59 years	18
	60 – 74 years	16
	≥ 75 years	14
Female	19 – 74 years	14
	≥ 75 years	12
	Breastfeeding	Additional 4 units
	3 rd trimester pregnancy	Additional 1 unit
High physical activity level		Additional 4 units

Table 4: Number of units included in food items

Food item	Number of units ¹
400g bread/ rolls/ baguettes	1
500g mix	2
200g biscuits/ crackers	1
250g pasta	1
500g oats	1½
300g breakfast cereal	1½
2 x 110 – 180g pizza bases	1

¹ [British Dietetic Association/ Primary Care Society for Gastroenterology/Coeliac UK. *Gluten-free foods: a prescribing guide*. November 2011](#)

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, dietitian or practice nurse.

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

Lifestyle 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.

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.

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 and 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.

Gluten-Free Foods – Patient Information and Order Form

Name: _____

Contact Telephone: _____

Address: _____ Post Code: _____

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.

For further information log on to www.coeliac.org.uk.

All gluten-free prescribable items have been allocated a 'unit' value based on their carbohydrate and energy content and their cost.

The following table gives a basic guide – you are expected to calculate your minimum monthly unit requirements in accordance with this information.

Food item	Number of units
400g bread/rolls/baguettes	1
500g bread mix	2
200g biscuits/crackers	1
250g pasta	1
500g oats	1½
300g breakfast cereal	1½
2 x 110 - 180g pizza base	1

We request you do not order no more frequently than every 2 weeks. We are aware that some patients choose to order a large supply every few months and nothing in between. This is not a problem provided the amounts ordered are in line with the monthly recommended units for the timescale between ordering.

Coeliac UK recommends a minimum monthly 'units' requirement for different patient groups.

Please use the following table to calculate your suggested monthly prescription supply.

Patient Group		Suggested maximum number of units per month
Child	1 - 3 years	10
	4 - 6 years	11
	7 - 10 years	13
	11 - 14 years	15
	15 - 18 years	18
Male	19 - 59 years	18
	60 - 74 years	16
	≥ 75 years	14
Female	19 - 74 years	14
	≥ 75 years	12
	Breastfeeding	Additional 4 units
	3rd trimester pregnancy	Additional 1 unit
High physical activity level		Additional 4 units

For any additional information please speak to your practice pharmacist.

Gluten-Free Foods – Patient Information and Order Form

Essentials:

The CCG considers that certain foods are essential (see below) and are therefore available through the NHS.

Gluten-Free Food	Product description
Flour	Flour mix, blended flour, pure brown rice flour, pure potato flour, pure tapioca flour, pure white rice flour
Plain bread rolls and loaves	Brown bread, white bread
Part baked bread	White bread, fibre loaf, flat bread
Crackers	Crisp bread, crackers
Pizza bases and mixes	Pizza bases, pizza base mixes
Pasta	Spaghetti, tagliatelle etc
Cereals	Porridge, flakes

Luxuries:

The CCG promotes healthy eating and thus some (see table below) products are considered to be luxuries and are not available in Gateshead CCG.

Gluten-free product	Product description
Cakes, pastries and cake/pastry mix	Cakes, pastries, cake mix, pastry mix. NB some bread/pizza mixes include use as a pastry mix
Biscuits	Digestive biscuits, cookies (vanilla flavour)
Other	Xanthan gum
It should be noted that the CCG considers some other product types to be luxury items:	
Bread	Rice bread
Part baked breads	Baguettes
Pasta	Buckwheat pasta, corn pasta
* Refer to product order list below for detailed list	

Gluten-Free Foods – Patient Information and Order Form

ORDER FORM:

 My suggested monthly unit requirement is:

BREAD				
Product	Pack Size	Units	Special information	Quantity
Barkat gluten-free wheat-free multi grain bread	500g	1		
Barkat gluten-free wholemeal sliced bread	500g	1		
Glutafin gluten-free fibre loaf (sliced)	400g	1		
Glutafin gluten-free white loaf (sliced)	400g	1		
Glutafin gluten-free Select fibre loaf (sliced)	400g	1		
Glutafin gluten-free Select white loaf (sliced)	400g	1		
Juvela gluten-free fibre loaf (sliced)	400g	1		
Juvela gluten-free fibre loaf (unsliced)	400g	1		
Juvela gluten-free loaf (sliced)	400g	1		
Juvela gluten-free loaf (unsliced)	400g	1		
Juvela gluten-free part-baked fibre loaf	400g	1		
Juvela gluten-free part-baked loaf	400g	1		
Livwell gluten-free sliced brown bread	200g	0.5		
Livwell gluten-free sliced white bread	200g	0.5		
Proceli sandwich bread	400g	1		
BREAD BUNS / ROLLS				
Product	Pack Size	Units	Special information	Quantity
Glutafin gluten-free part-baked 4 fibre rolls	200g	0.5		
Glutafin gluten-free 4 white rolls	200g	1		
Glutafin gluten-free part-baked 2 long white rolls	2x75g	0.5		
Glutafin gluten-free part-baked 4 white rolls	4x50g	0.5		
Juvela gluten-free bread rolls	5x85g	1		
Juvela gluten-free fibre bread rolls	5x85g	1		
Juvela gluten-free part-baked bread rolls	5x75g	1		
Juvela gluten-free part-baked fibre bread rolls	5x75g	1		
Livwell gluten-free flat bread (pitta)	4x55g	0.5		
Livwell gluten-free white rolls	4x60g	0.5		
FRESH BREAD				
Product	Pack Size	Units	Special information	Quantity
Genius gluten-free brown bread	400g	1	Must order 8 at a time	
Genius gluten-free sandwich bread (brown sliced)	535g	1	Must order 6 at a time	
Genius gluten-free sandwich bread (white sliced)	535g	1	Must order 6 at a time	
Genius gluten-free sliced brown bread	400g	1	Must order 8 at a time	
Genius gluten-free sliced white bread	400g	1	Must order 8 at a time	
Genius gluten-free white bread	400g	1	Must order 8 at a time	
Glutafin gluten-free Select fresh brown loaf (sliced)	400g	1	Must order 8 at a time	
Glutafin gluten-free Select fresh white loaf (sliced)	400g	1	Must order 8 at a time	
Juvela gluten-free fresh sliced fibre loaf	400g	1	Must order 8 at a time	
Juvela gluten-free fresh sliced white loaf	400g	1	Must order 8 at a time	
Lifestyle gluten-free brown bread (sliced)	400g	1	Ideally order 8 or more Lifestyle items together	
Lifestyle gluten-free brown bread (unsliced)	400g	1	Ideally order 8 or more Lifestyle items together	

Gluten-Free Foods – Patient Information and Order Form

Lifestyle gluten-free high fibre bread	400g	1	Ideally order 8 or more Lifestyle items together	
Lifestyle gluten-free white bread (sliced)	400g	1	Ideally order 8 or more Lifestyle items together	
Lifestyle gluten-free white bread (unsliced)	400g	1	Ideally order 8 or more Lifestyle items together	
Lifestyle gluten-free brown bread (sliced)	400g	1	Ideally order 8 or more Lifestyle items together	
Lifestyle gluten-free brown bread (unsliced)	400g	1	Ideally order 8 or more Lifestyle items together	
Lifestyle gluten-free high fibre bread	400g	1	Ideally order 8 or more Lifestyle items together	
Lifestyle gluten-free white bread (sliced)	400g	1	Ideally order 8 or more Lifestyle items together	
Lifestyle gluten-free white bread (unsliced)	400g	1	Ideally order 8 or more Lifestyle items together	
Warburtons gluten free brown bread	400g	1	Must order 4 at a time	
Warburtons gluten free white bread	400g	1	Must order 4 at a time	
Wellfoods gluten-free loaf	600g	1.5	Ideally order 8 or more Wellfoods items together	
Wellfoods gluten-free sliced loaf	600g	1.5	Ideally order 8 or more Wellfoods items together	
FRESH BREAD BUNS / ROLLS				
Product	Pack Size	Units	Special information	Quantity
Juvela gluten-free fresh fibre rolls	5x85g	1	Must order 8 at a time	
Juvela gluten-free fresh white rolls	5x85g	1	Must order 8 at a time	
Lifestyle gluten-free brown bread rolls	5x80g	1	Ideally order 8 or more Lifestyle items together	
Lifestyle gluten-free high fibre bread rolls	5x80g	1	Ideally order 8 or more Lifestyle items together	
Lifestyle gluten-free white bread rolls	5x80g	1	Ideally order 8 or more Lifestyle items together	
Warburtons gluten free brown rolls	220g	0.5	Must order 4 at a time	
Warburtons gluten free white rolls	220g	0.5	Must order 4 at a time	
Wellfoods gluten-free rolls	4x70g	0.5	Ideally order 8 or more Wellfoods items together	
CEREAL				
Product	Pack Size	Units	Special information	Quantity
Juvela gluten-free fibre flakes	300g	1.5		
Juvela gluten-free flakes	300g	1.5		
Juvela gluten-free pure oats	500g	1.5		
Nairns gluten-free oat porridge	500g	1.5		
CRACKER / CRISP BREAD				
Product	Pack Size	Units	Special information	Quantity
Dietary specials gluten-free cracker bread	150g	1		
Glutafin crisp bread	150g	1		
Glutafin gluten-free crackers	200g	1		
Glutafin gluten-free high fibre crackers	200g	1		
Glutafin gluten-free mini crackers	175g	1		
Glutafin gluten-free savoury shorts	130g	1		
Juvela gluten-free crackers	125g	0.5		
Juvela gluten-free crispbread	200g	1		
Warburtons gluten free bran crackers	150g	1		
FLOUR				
Product	Pack Size	Units	Special information	Quantity
Barkat gluten-free bread mix	500g	2		
Barkat gluten-free flour mix	750g	3		
Glutafin gluten-free wheat-free bread mix	500g	2	NB there is also Select bread mix available	

Gluten-Free Foods – Patient Information and Order Form

Glutafin gluten-free wheat-free fibre bread mix	500g	2	NB there is also Select bread mix available	
Glutafin gluten-free wheat-free fibre mix (multipurpose)	500g	2		
Glutafin gluten-free multipurpose white mix	500g	2		
Glutafin gluten-free Select bread mix	500g	2		
Glutafin gluten-free Select fibre bread mix	500g	2		
Glutafin gluten-free Select multipurpose fibre mix	500g	2		
Glutafin gluten-free Select multipurpose white mix	500g	2		
Innovative Solutions Pure brown rice flour	500g	2		
Innovative Solutions Pure gluten-free blended flour	1kg	4		
Innovative Solutions Pure potato flour	500g	2		
Innovative Solutions Pure tapioca flour	500g	2		
Innovative Solutions Pure teff brown flour	1kg	4		
Innovative Solutions Pure teff white flour	1kg	4		
Innovative Solutions Pure white rice flour	500g	2		
Juvela gluten-free fibre mix	500g	2		
Juvela gluten-free harvest mix	500g	2		
Juvela gluten-free mix	500g	2		
Orgran bread mix	450g	2		
Orgran self-raising flour	500g	2		
Tritamyl gluten-free brown bread mix	1kg	4		
Tritamyl gluten-free flour mix	2kg	8		
Tritamyl gluten-free white bread mix	2kg	8		
Wellfoods gluten-free flour alternative	1kg	4		
PASTA				
Product	Pack Size	Units	Special information	Quantity
Barkat gluten-free pasta (animal shapes)	500g	2		
Barkat gluten-free pasta (macaroni)	500g	2		
Barkat gluten-free pasta (spaghetti)	500g	2		
Barkat gluten-free pasta (spirals)	500g	2		
Barkat gluten-free pasta (tagliatelle)	500g	2		
Ener-G gluten-free rice pasta (lasagne)	454g	2		
Ener-G gluten-free rice pasta (macaroni)	454g	2		
Ener-G gluten-free rice pasta (small shells)	454g	2		
Ener-G gluten-free rice pasta (spaghetti)	454g	2		
Ener-G gluten-free rice pasta (vermicelli)	300g	1		
Glutafin gluten-free pasta (lasagne)	250g	1		
Glutafin gluten-free pasta (tagliatelle)	250g	1		
Glutafin gluten-free pasta (long-cut spaghetti)	500g	2		
Glutafin gluten-free pasta (macaroni penne)	500g	2		
Glutafin gluten-free pasta (shells)	500g	2		
Glutafin gluten-free pasta (spirals)	500g	2		
Glutafin gluten-free pasta fibre (fusilli)	500g	2	NB Fibre	
Glutafin gluten-free pasta fibre (spaghetti)	500g	2	NB Fibre	
Juvela gluten-free fibre penne	500g	2	NB Fibre	

Gluten-Free Foods – Patient Information and Order Form

Juvela gluten-free pasta (lasagne)	250g	1		
Juvela gluten-free pasta (spaghetti)	500g	1		
Juvela gluten-free pasta (tagliatelle)	250g	1		
Juvela gluten-free pasta (fusilli)	500g	2		
Juvela gluten-free pasta (macaroni)	500g	2		
Rizopia brown rice pasta (lasagne)	375g	1.5		
Rizopia brown rice pasta (fusilli)	500g	2		
Rizopia brown rice pasta (penne)	500g	2		
Rizopia brown rice pasta (spaghetti)	500g	2		
PIZZA BASE				
Product	Pack Size	Units	Special information	Quantity
Barkat brown rice pizza crust	150g	0.5		
Barkat white rice pizza crust	150g	0.5		
Dietary specials gluten-free pizza bases	2x300g	2		
Glutafin gluten-free pizza base	2x300g	2		
Juvela gluten-free pasta	2x180g	1		
Proceli pizza bases	2x125g	1		
Wellfoods gluten-free pizza base (fresh base)	2x300g	2	Ideally order 8 or more Wellfoods items together	

Highlighted items are not readily stocked
 No charges are incurred by the NHS provided minimum order quantities are met