

Sunderland Guidance on Prescribing Gluten Free Products

Gluten free products have ACBS (Advisory Committee on Borderline Substances) approval on the basis that they may be regarded as drugs for the management of specified conditions and allowing them to be prescribed on the NHS for patients with:

- Coeliac disease
- Gluten sensitivity
- Dermatitis herpetiformis

FP10 prescriptions must be annotated 'ACBS'.

Gluten free products MUST NOT be prescribed on FP10 for other conditions such as irritable bowel syndrome, wheat intolerance or Asperger's Syndrome that do not have ACBS approval. Any such prescribing should be stopped.

Disease

- A person with coeliac disease who does not adhere to a strict gluten free diet is prone to develop complications, such as osteoporosis (due to chronic malabsorption of calcium), anaemia due to malabsorption, lymphoma and fertility problems. NICE [NG20](#) covers the 'Recognition and Diagnosis of Coeliac Disease'

General Advice

- Patients should be encouraged to eat natural gluten free foods as part of their balanced diet
- Reduce smoking
- Reduce alcohol
- Increase physical activity
- Dietary advice is available from Coeliac UK, and patients should be referred to a dietitian for a full dietary assessment, including calcium, and for support in maintaining their gluten free diet and to discuss in detail choice of gluten free products available.

Prescribing requirements for NHS supply

- Gluten-free staple items such as flour and bread were first made available on FP10 prescription in the late 1960s. Previously there was limited access to these special foods other than via the NHS. Only gluten-free staple foods that are approved by the ACBS can be prescribed for people with a medical diagnosis of coeliac disease.
- More recently there has been greater access to GF products available in supermarkets and prices that were previously high are more comparable to standard equivalent gluten containing branded products.
- Many patients continue to receive supplies on FP10 at substantial greater expense to the NHS than equivalent supermarket products.
- It is acknowledged that for many patients the cost of GF products can continue to place a strain on family budgets and Sunderland CCG have, therefore, agreed to continue to support patients with Coeliac disease by provision of some basic GF foods on prescription to help them adhere to a gluten-free diet.
- This guidance is designed to ensure patients receive a supply of staple foods on the NHS and to acknowledge that there is still a level of price differential between standard and GF products. The

revised level of supply is intended to compensate for any residual price differential rather than provide the full quantities at NHS expense that are outlined in Coeliac UK's National Prescribing Guidelines for GF food on NHS prescription.

- Prescriptions should only be given for staples, that is flour and bread (see Table 1). Bread is accepted as a staple food in the UK and the gluten free breads are more costly than the gluten containing equivalents in the supermarkets. The addition of flour (including multipurpose flour and bread mixes) allows people to cook or bake other foods.
 - Only prescribe bread and flour on prescription
 - Only obtain fresh bread from suppliers that do not have surcharges
 - Ensure prescribed quantities do not exceed a total of 6-8 units/ month of bread or flour (depending on the age of the patient)
- Prescribing of pasta and pizza bases is not recommended as these foods are available from supermarkets at a similar cost to their gluten containing equivalents
- Prescribing is not recommended for items considered to be treats like GF cakes and biscuits.
- Patients should be encouraged to maintain a healthy diet.
- Any non-essential or 'luxury' gluten free items should be purchased at supermarkets and health food stores where they are now readily available (see Table 2)
- Table 3 gives guidance on monthly quantities that a patient may require. Not all of this will be prescribed at NHS expense.

Table 1.
Essential products

It is important to ensure that all products ordered on prescription are readily available from local wholesalers or by ordering direct from the manufacturer as ordering lines that are not normally stocked at wholesalers may incur handling or carriage charges (which are charged to NHS budgets). GP practices and community pharmacies should work closely together so that extra charges are kept to a minimum.

GF Food	Product Description
Flour	e.g. Flour mix, blended mix, white or fibre mix and multipurpose mix
Plain bread rolls and loaves	e.g. Brown bread, White bread
Part baked bread	e.g. White bread, Fibre loaf, Flat bread

Table 2.
Luxury and non-staple products that Sunderland CCG do NOT recommend for routine prescription

GF Product	Product Description
Cakes	e.g. Cake Mix
Sweet biscuits	e.g. Digestive biscuits, Cookies (vanilla flavour, chocolate chip etc.)
Crackers	e.g. Crisp bread, Crackers
Pizza bases and mix	e.g. Pizza bases, Pizza mix
Pasta	e.g. Spaghetti, Tagliatelle
Breakfast Cereals	e.g. Fibre Flakes, Special Flakes, Porridge Oats

Table 3.
Recommended quantities of gluten free staple products allowed on NHS prescription* in Sunderland.

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

Age group		New recommendation for NHS prescription in Sunderland.
Male	19-59 years	8 x 400g bread (or 4 x 500g flour mix)
	60-74 years	
	75+ years	
Female	19-74 years	6 x 400g bread (or 3 x 500g flour mix)
	75+ years	
	Breastfeeding	Add 4 units
	3rd trimester pregnancy	Add 1 unit
High physical activity level		No additional units
Child	1-3 years	6 x 400g bread (or 3 x 500g flour mix)
	4-6 years	
	7-10 years	8 x 400g bread (or 4 x 500g flour mix)
	11-14 years	
	15-18 years	

*Gluten-free foods: a revised prescribing guide 2011. Coeliac UK, The British Dietetic Association, PCSG, BSPGHAN

Where:
1 unit is equivalent to 400g bread/rolls
2 units is equivalent to 500g flour mix

Putting these Guidelines into practice - a quick guide for practices

1. Confirm all patients that are to be prescribed GF staple products have a diagnosis of gluten sensitivity, Coeliac disease or Dermatitis Herpetiformis. Check this diagnosis of coeliac disease is confirmed by duodenal biopsy and positive coeliac serology or confirmed by a consultant gastroenterologist. (Prescribing for patients with IBS or wheat intolerance is **not** allowed on the NHS).
2. Prescribe only the products and quantities outlined in tables 1 & 3
3. Consider issuing prescriptions for one-month supply only. The shelf-life of products varies considerably and some products are difficult to store. Practices should consider carefully the quantity of each product that is given on 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.
N.B. Gluten Free loaves are only 400g in weight, whereas ordinary bread (containing gluten) is usually 800g.
4. Whilst certain biscuits, cakes and cake mixes are allowed on a NHS prescription Sunderland CCG do NOT support the prescribing of these items. This decision has been based on the grounds of supporting healthy lifestyles and the fact that Gluten Free products are available at competitive prices in supermarkets.
5. Patients who pay for prescriptions can apply for a pre-payment certificate.
6. All children should be assessed by a paediatric dietitian on diagnosis and their changing nutritional requirements supported by regular review at paediatric dietetic/coeliac clinics (varies according to Trust).
7. Adult patients are advised to have an annual review with their Consultant, GP or dietitian.
8. Use supplies with no delivery charge (see Appendix A)
9. Where minimum orders apply, prescribers must ensure they prescribe at least the minimum order quantity. A two month prescription may be issued if necessary. Please note fresh loaves can be frozen.
10. See Appendix B for formulary list of gluten free products in Sunderland

Further information and support is available from your practice pharmacist or medicines optimisation team.

Appendix A

List of manufacturers of fresh gluten-free bread products that are available with no delivery charges
April 2017

Company	Ordering Arrangement	Telephone number
Genius	Ordered from Alliance with no delivery charge.	0844 854 4998
Juvela	Ordered from Alliance with no delivery charge.	0844 854 4998
Glutafin	Ordered from Alliance with no delivery charge.	0844 854 4998 Alloga-08718728155
Lifestyle	Ordered from Alliance with no delivery charge.	0844 854 4998
Warburtons	Available from AAH or Phoenix with no delivery charges	AAH- 0844 561 8899 Phoenix-0844 736 2287

Appendix B: Formulary list of products available

Product	Product type	Min Order*
Barkat gluten-free brown rice bread	Bread	N/A
Barkat gluten-free home fresh country loaf	Bread	N/A
Barkat gluten-free par-baked white sliced bread	Bread	N/A
Barkat gluten-free wheat-free multi grain bread	Bread	N/A
Barkat gluten-free white rice bread	Bread	N/A
Barkat gluten-free wholemeal sliced bread	Bread	N/A
Ener-G gluten-free brown rice bread	Bread	N/A
Ener-G gluten-free rice loaf	Bread	N/A
Ener-G gluten-free Seattle brown loaf	Bread	N/A
Ener-G gluten-free Seattle brown rolls (hot dog)	Bread	N/A
Ener-G gluten-free tapioca bread	Bread	N/A
Ener-G gluten-free white rice bread	Bread	N/A
Genius gluten-free sandwich bread (brown sliced)	Bread	6
Genius gluten-free sandwich bread (white sliced)	Bread	6
Genius gluten-free seeded brown farmhouse sliced loaf	Bread	6
Glutafin gluten-free fibre loaf sliced	Bread	N/A
Glutafin gluten-free high fibre loaf	Bread	N/A
Glutafin gluten-free Select fibre loaf sliced	Bread	N/A
Glutafin gluten-free Select fresh brown loaf sliced	Bread	8
Glutafin gluten-free Select fresh seeded loaf sliced	Bread	8
Glutafin gluten-free Select fresh white loaf sliced	Bread	8
Glutafin gluten-free Select seeded loaf sliced	Bread	N/A
Glutafin gluten-free Select white loaf sliced	Bread	N/A
Glutafin gluten-free white loaf sliced	Bread	N/A
Just: gluten-free good white bread	Bread	6
Just: gluten-free white sandwich bread	Bread	6
Juvela gluten-free fibre loaf (sliced and unsliced)	Bread	N/A

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Juvela gluten-free fresh sliced fibre loaf	Bread	8
Juvela gluten-free fresh sliced white loaf	Bread	8
Juvela gluten-free loaf (sliced and unsliced)	Bread	N/A
Juvela gluten-free part-baked fibre loaf	Bread	N/A
Juvela gluten-free part-baked loaf	Bread	N/A
Warburtons gluten free brown bread	Bread	4
Warburtons gluten free white bread	Bread	4
Warburtons gluten-free seeded loaf	Bread	4
Barkat gluten-free all purpose flour mix	Flour	N/A
Glutafin gluten-free multipurpose white mix	Flour	N/A
Glutafin gluten-free Select multipurpose fibre mix	Flour	N/A
Glutafin gluten-free Select multipurpose white mix	Flour	N/A
Glutafin gluten-free wheat-free fibre mix	Flour	N/A
Innovative Solutions Pure brown rice flour	Flour	N/A
Innovative Solutions Pure gluten-free blended flour	Flour	N/A
Innovative Solutions Pure potato flour	Flour	N/A
Innovative Solutions Pure tapioca flour	Flour	N/A
Innovative Solutions Pure teff brown flour	Flour	N/A
Innovative Solutions Pure teff white flour	Flour	N/A
Innovative Solutions Pure white rice flour	Flour	N/A
Juvela gluten-free fibre mix	Flour	N/A
Juvela gluten-free harvest mix	Flour	N/A
Juvela gluten-free mix	Flour	N/A
Barkat gluten-free home fresh bread rolls	Rolls	N/A
Barkat gluten-free par-baked baguettes	Rolls	N/A
Barkat gluten-free par-baked rolls	Rolls	N/A
Ener-G gluten-free dinner rolls	Rolls	N/A
Glutafin gluten-free 4 white rolls	Rolls	N/A
Glutafin gluten-free baguettes	Rolls	N/A
Glutafin gluten-free part-baked 2 long white rolls	Rolls	N/A
Glutafin gluten-free part-baked 4 fibre rolls	Rolls	N/A
Glutafin gluten-free part-baked 4 white rolls	Rolls	N/A
Just: gluten-free good white rolls	Rolls	6
Juvela gluten-free bread rolls	Rolls	N/A
Juvela gluten-free fibre bread rolls	Rolls	N/A
Juvela gluten-free fresh fibre rolls	Rolls	8
Juvela gluten-free fresh white rolls	Rolls	8
Juvela gluten-free part-baked bread rolls	Rolls	N/A

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Juvela gluten-free part-baked fibre bread rolls	Rolls	N/A
Warburtons gluten free brown rolls	Rolls	4
Warburtons gluten free white baguettes	Rolls	4
Warburtons gluten free white rolls	Rolls	4
Warburtons gluten free white thin rolls	Rolls	4
Warburtons gluten-free seeded thin rolls	Rolls	4

***Where minimum orders apply, prescribers must ensure they prescribe at least the minimum order quantity. A two month prescription may be issued if necessary. Please note fresh loaves can be frozen. Your practice pharmacist can assist if necessary.**