

Changes to gluten-free prescribing on the NHS from 4th December 2018

The Department of Health and Social Care (DHSC) have recently been reviewing the availability of gluten-free products on the NHS. In February 2018 it was announced that gluten-free food prescribing would be restricted to breads and mixes only. It has now been confirmed that these changes will be implemented from the **4th December 2018**.

From this date, practices will no longer be able to issue prescriptions for any gluten-free product which is not listed in the table below. All other gluten-free and very low gluten containing products will be 'blacklisted' from prescribing on the NHS.

Table of gluten-free breads and mixes allowed on prescription from 4th December 2018:

Barkat gluten-free all purpose flour mix	Barkat gluten-free brown rice bread
Barkat gluten-free hi-fibre bread mix	Barkat gluten-free par-baked baguettes
Barkat gluten-free par-baked rolls	Barkat gluten-free par-baked white bread sliced
Barkat gluten-free wheat free multigrain rice bread	Barkat gluten-free white rice bread
Barkat gluten-free wholemeal sliced bread	Ener-G gluten-free brown rice bread
Ener-G gluten-free dinner rolls	Ener-G gluten-free rice loaf
Ener-G gluten-free Seattle brown loaf	Ener-G gluten-free tapioca bread
Ener-G gluten-free white rice bread	Finax gluten-free coarse flour mix
Finax gluten-free fibre bread mix	Finax gluten-free flour mix
Genius gluten-free brown sandwich bread sliced	Genius gluten-free seeded brown farmhouse loaf sliced
Genius gluten-free white sandwich bread sliced	Glutafin gluten-free 4 white rolls
Glutafin gluten-free baguettes	Glutafin gluten-free bread mix 32
Glutafin gluten-free fibre bread mix	Glutafin gluten-free fibre loaf sliced
Glutafin gluten-free high fibre loaf sliced	Glutafin gluten-free multipurpose white mix
Glutafin gluten-free part-baked 2 long white rolls	Glutafin gluten-free part-baked 4 fibre rolls
Glutafin gluten-free part-baked 4 white rolls	Glutafin gluten-free Select bread mix
Glutafin gluten-free Select fibre bread mix	Glutafin gluten-free Select fibre loaf sliced
Glutafin gluten-free Select fresh brown loaf sliced	Glutafin gluten-free Select fresh seeded loaf sliced
Glutafin gluten-free Select fresh white loaf sliced	Glutafin gluten-free Select multipurpose fibre mix
Glutafin gluten-free Select multipurpose white mix	Glutafin gluten-free Select seeded loaf sliced
Glutafin gluten-free Select white loaf sliced	Glutafin gluten-free wheat-free fibre mix
Glutafin gluten-free white loaf sliced	Glutenex gluten-free white bread mix
Innovative Solutions gluten-free bakery blend	Just: gluten-free good white bread sliced
Just: gluten-free good white rolls	Just: gluten-free white sandwich bread
Juvela gluten-free bread rolls	Juvela gluten-free fibre bread rolls
Juvela gluten-free fibre loaf sliced	Juvela gluten-free fibre loaf unsliced
Juvela gluten-free fibre mix	Juvela gluten-free fresh fibre loaf sliced

Juvela gluten-free fresh fibre rolls	Juvela gluten-free fresh white loaf sliced
Juvela gluten-free fresh white rolls	Juvela gluten-free harvest mix
Juvela gluten-free loaf sliced	Juvela gluten-free loaf unsliced
Juvela gluten-free mix	Juvela gluten-free part-baked fibre bread rolls
Juvela gluten-free part-baked fibre loaf	Juvela gluten-free part-baked loaf
Juvela gluten-free part-baked white bread rolls	Lifestyle gluten-free brown bread
Lifestyle gluten-free brown bread rolls	Lifestyle gluten-free high fibre bread rolls
Lifestyle gluten-free white bread rolls	Mums Mill gluten-free quick bread mix
Orgran gluten-free bread mix	Proceli basic mix
Proceli gluten free part-baked baguettes	Tobia Brown Teff Bread Mix
Tobia White Teff Bread Mix	Tritamyl gluten-free brown bread mix
Tritamyl gluten-free flour mix	Tritamyl gluten-free white bread mix
Warburtons gluten free brown bread sliced	Warburtons gluten free brown rolls
Warburtons gluten free white bread sliced	Warburtons gluten free white rolls

Please note that these changes have been implemented nationally and are not a local decision.

Gluten-free products continue to ONLY be available for patients diagnosed with gluten-sensitive enteropathies, including steatorrhoea due to gluten sensitivity, coeliac disease and dermatitis herpetiformis.

Within South Staffordshire prescribing of gluten-free bread and mixes will continue to be supported in-line with the following maximum number of units per month:

Age group	Maximum units per month
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
Male - 60-74 years	16
Male - 75 years +	14
Female – 19-74 years	14
Female – 75+ years	12
Additional factors	
Breast feeding - add 4 units per month	
3rd Trimester- add 1 units per month	
High physical activity - add 4 units per month	

Units of gluten-free food should be calculated as follows

- 400g bread = 1 unit
- 500g mix = 2 units