

SRCCG guidance on the prescribing of gluten free foods

(updated April 2019)

1. Summary

Following a decision to decommission the prescribing of gluten free foods to patients aged 18 years and over, this document provides guidance to SRCCG prescribers on when to prescribe gluten free foods on the NHS, and which products are commissioned for prescribing locally.

2. Background

The CCG sought in November 2016 to determine whether it should continue to support the prescribing of gluten free products on the NHS, in line with other CCGs in this locality. The CCG undertook a detailed consultation exercise with service users, the wider public and clinicians. The outcome of this consultation in conjunction with review of data and consideration of other local factors, led the CCG to make the decision not to commission gluten free prescribing for those aged 18 and over. Those aged under 18 years with a proven gluten enteropathy can continue to receive a small range of gluten free products on prescription. A definition of how to determine whether a patient has a gluten free enteropathy is described below

3. Gluten free products – diagnosis and guidance on prescribing for under 18 year olds

All diagnosis should be in line with national guidance, available on the link below.

<https://www.nice.org.uk/guidance/ng20>

Further to changes in the Drug Tariff, the local consultation and a review of the evidence, the CCG has made a decision to continue prescribing a small range of gluten free food products to patients with a confirmed diagnosis only and under the age of 18. The gluten free food products that will continue to be provided are:

Bread (not rolls, baguettes or other bread products)

Appendix 1 lists the products that are commissioned for use locally in these circumstances.

4. Quantities of gluten free products that can be prescribed for those aged under 18 years

Quantities prescribable on the NHS are in line with guidance from Coeliac UK. These are as follows:

The maximum amount of units prescribed per month should not exceed the quantities stated in the table below:

1 unit is equivalent to	400g bread
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The following table demonstrates the recommended number of units for various groups of patients according to age:

Age group	Recommended number of units
1 - 3 years	10
4 – 6 years	11
7 – 10 years	13
11 – 14 years	15
15 – 18 years	18
Higher physical activity	Add 4 units

- Quantities should be prescribed in no more than one month's supply at a time
- Quantities of units stated above should be regarded as an upper limit
- Appropriate dietetic advice should be given to promote healthy balanced eating, adequate nutritional and fibre intake. Additional factors that may be relevant, such as weight management, should also be discussed.

5. Implementation of guidance

GP practices are asked to implement this guidance. All patients aged 18 and over who are currently prescribed gluten free products should be identified and contacted with advice that their prescription will stop with effect from 1st April 2019. A review of diagnoses of all patients aged under 18 years and currently receiving gluten free products should be made. Patients aged under 18 who have been clinically diagnosed with gluten enteropathy can continue to receive a small range of gluten free products on prescription.

A review of products and quantities prescribed for eligible patients should then be undertaken. Ongoing prescriptions should be in line with this guidance. Support from the CCG prescribing support team is available to aid this implementation.

6. Review of guidance

The guidance will be reviewed annually or sooner if required due to changes in evidence or practice.

Practice level audits of prescribing to determine compliance with the guidance and review of prescribing data will be performed at least every 6 months.

7. Patient resources

The CCG recommends that coeliac patients continue to follow a GF diet, with advice available through various patient support organisations, like Coeliac UK, on how to achieve an appropriate diet through natural and manufactured GF foods. This lifestyle management should help to reduce the risk of long-term complications associated with poor nutrition.

- <http://www.nhs.uk/Conditions/Coeliac-disease/Pages/Treatment.aspx>
- <https://www.coeliac.org.uk/gluten-free-diet-and-lifestyle/>

Appendix 1: Guidance on gluten free products approved for prescribing – age restrictions apply (see ScRCCG guidance document, updated April 2019)

This list is correct as at May 2019.

Drug Tariff May 2019 - list of products under heading "Gluten Free" that are commissioned by ScR CCG. No other products are to be prescribed.	Units per product (per 400g loaf)
Barkat gluten-free brown rice bread	1
Barkat gluten-free par-baked white sliced bread	1
Barkat gluten-free wheat-free multi grain bread	1
Barkat gluten-free white rice bread	1
Barkat gluten-free wholemeal sliced bread	1
Ener-G gluten-free brown rice bread	1
Ener-G gluten-free rice loaf	1
Ener-G gluten-free Seattle brown loaf	1

Ener-G gluten-free tapioca bread	1
Ener-G gluten-free white rice bread	1
Genius gluten-free brown sandwich bread sliced	1
Genius gluten-free seeded brown farmhouse loaf sliced	1
Genius gluten-free sandwich bread (white sliced)	1
Glutafin gluten-free fibre loaf sliced	1
Glutafin gluten-free high fibre loaf	1
Glutafin gluten-free white loaf sliced	1
Glutafin gluten-free Select fibre loaf sliced	1
Glutafin gluten-free Select fresh brown loaf sliced	1
Glutafin gluten-free Select fresh seeded loaf sliced	1
Glutafin gluten-free Select white loaf sliced	1
Glutafin gluten-free Select seeded loaf sliced	1
Glutafin gluten-free Select fresh white loaf sliced	1
Just: gluten-free good white bread sliced	1
Just: gluten-free white sandwich bread	1
Juvela gluten-free fibre loaf (sliced and unsliced)	1

Juvela gluten-free fresh sliced fibre loaf	1
Juvela gluten-free fresh sliced white loaf	1
Juvela gluten-free loaf (sliced and unsliced)	1
Juvela gluten-free part-baked fibre loaf	1
Juvela gluten-free part-baked loaf	1
Lifestyle gluten-free brown bread	1
Lifestyle gluten-free high fibre bread	1
Warburtons gluten free brown bread sliced	1
Warburtons gluten free white sliced bread	1