

North of Tyne, Gateshead and North Cumbria APC

Guidance on prescribing Gluten Free Products in Newcastle, Gateshead, North Tyneside and Northumberland CCGs

This guidance is designed to ensure that patients receive a supply of staple foods on the NHS. The revised list of supply is intended to compensate for any residual price differential rather than provide the full quantities, at NHS expense, outlined in Coeliac UK National Prescribing Guidelines for Gluten Free Food.

(1)

Some gluten free products have ACBS (Advisory Committee on Borderline Substances) approval (bread and bread mixes only on England) for the management of specified conditions and allowing them to be prescribed on the NHS for patients with:

- Coeliac disease
- Dermatitis herpetiformis
- Gluten sensitivity

FP10 prescriptions must be annotated 'ACBS'.

Gluten free products MUST NOT be supplied at NHS expense for other conditions such as irritable bowel syndrome, wheat intolerance or Autism spectrum disorder including Asperger's syndrome which do not have ACBS approval. Any such prescribing/ supply should be stopped.

Disease

- A strict gluten free diet is the only treatment for coeliac disease, a lifelong autoimmune condition. Gluten is a protein found in wheat, including spelt, rye and barley. Some people are sensitive to oats.
- A person with coeliac disease who does not adhere to a strict gluten free diet may experience continuing ill health and be at risk of developing long term complications such as malabsorption, anaemia due to malabsorption of iron, osteoporosis due to malabsorption of calcium, lymphoma and fertility problems.

In children it can also present as growth faltering and delayed puberty (2). It is important that growth is monitored and reviewed regularly by e.g. dietitian, paediatrician.

NICE NG20 (<https://www.nice.org.uk/guidance/ng20>) (3) covers the recognition, assessment, and management of Coeliac Disease. In line with the NICE Quality Standard for Coeliac disease (5) all patients diagnosed with Coeliac disease should receive an annual review, preferably with a dietitian with expertise in coeliac disease. This will support gluten free dietary adherence.

General advice

- Patients should be referred to a dietitian for a full dietary assessment. For children this will include a growth assessment as well as calcium, iron and general advice and support on maintaining their gluten free diet, including discussions around the choice of gluten free products available.
- Dietary advice is available from Coeliac UK.
- Increase physical activity.
- Reduce alcohol.
- Stop smoking.
- Additional information for patients under the care of the Newcastle upon Tyne FT can be found in Appendix 1.

Recommended quantities of gluten free staple products allowed at NHS expense across Northumberland, North Tyneside, Newcastle and Gateshead CCGs

Table 1

| | Age group | Recommended number of units per month |
|---|-------------------------------------|---------------------------------------|
| Child If a child has been identified as growth faltering by the dietitian they may request an increase in units in the short term until this has resolved. | 1-6 years | 6 |
| | 7-18 years | 8 |
| Male | 19+ years | 8 |
| Female | 19-74 years | 8 |
| | Breastfeeding | Add 4 units, i.e. total 12 units |
| | 3 rd trimester pregnancy | Add 1 unit, i.e. total 9 units |
| | 75+ years | 6 |

400g bread/rolls/baguettes = 1 unit

500g bread/flour mix = 2 units

A combination of bread and flour can be issued, e.g., if recommendation is 6 units per month, then can prescribe 4 x 400g bread/rolls/baguettes and 1 x 500g bread/flour mix.

- Some adult patients who have experienced severe weight loss and malnutrition may initially require increased units; the dietitians may request an increase in units in the short term.
- **This is a guide, and the patient may not require the full allowance every month**

Product Selection

The list of GF bread and flour products that may be prescribed on the NHS can be found in the [Drug Tariff Part XV](#). Table 2 shows a copy of this list which was valid at the time of guideline publication, but prescribers should bear in mind that product availability may change.

Table 2: List of products available as per Drug Tariff August 2021

| | |
|---|---|
| Barkat gluten-free all purpose flour mix | Glutafin gluten-free Select white loaf sliced |
| Barkat gluten-free brown rice bread | Glutafin gluten-free wheat-free fibre mix |
| Barkat gluten-free hi-fibre bread mix | Glutafin gluten-free white loaf sliced |
| Barkat gluten-free multigrain rice bread | Innovative Solutions gluten-free Bakery Blend |
| Barkat gluten-free par-baked baguettes | Just: gluten-free good white bread sliced |
| Barkat gluten-free par-baked rolls | Just: gluten-free good white rolls |
| Barkat gluten-free par-baked white bread sliced | Just: gluten-free white sandwich bread |
| Barkat gluten-free white rice bread | Juvela gluten-free bread rolls |
| Barkat gluten-free wholemeal sliced bread | Juvela gluten-free fibre bread rolls |
| Ener-G gluten-free brown rice bread | Juvela gluten-free fibre loaf sliced |
| Ener-G gluten-free dinner rolls | Juvela gluten-free fibre loaf unsliced |
| Ener-G gluten-free rice loaf | Juvela gluten-free fibre mix |
| Ener-G gluten-free Seattle brown loaf | Juvela gluten-free fresh fibre loaf sliced |
| Ener-G gluten-free tapioca bread | Juvela gluten-free fresh fibre rolls |
| Ener-G gluten-free white rice bread | Juvela gluten-free fresh white loaf sliced |
| Finax gluten-free coarse flour mix | Juvela gluten-free fresh white rolls |
| Finax gluten-free fibre bread mix | Juvela gluten-free harvest mix |
| Finax gluten-free flour mix | Juvela gluten-free loaf sliced |
| Genius gluten-free brown sandwich bread sliced | Juvela gluten-free loaf unsliced |
| Genius gluten-free seeded brown farmhouse loaf sliced | Juvela gluten-free mix |
| Genius gluten-free white sandwich bread sliced | Juvela gluten-free part-baked fibre bread rolls |
| Glutafin gluten-free 4 white rolls | Juvela gluten-free part-baked fibre loaf |
| Glutafin gluten-free baguettes | Juvela gluten-free part-baked loaf |
| Glutafin gluten-free bread mix | Juvela gluten-free part-baked white bread rolls |
| Glutafin gluten-free fibre bread mix | Lifestyle gluten-free brown bread |
| Glutafin gluten-free fibre loaf sliced | Lifestyle gluten-free brown bread rolls |
| Glutafin gluten-free high fibre loaf sliced | Lifestyle gluten-free high fibre bread rolls |
| Glutafin gluten-free multipurpose white mix | Lifestyle gluten-free white bread rolls |
| Glutafin gluten-free part-baked 2 long white rolls | Mums Mill gluten-free quick bread mix |
| Glutafin gluten-free part-baked 4 fibre rolls | Proceli basic mix |
| Glutafin gluten-free part-baked 4 white rolls | Proceli gluten-free part-baked baguettes |
| Glutafin gluten-free Select bread mix | Tobia brown teff bread mix |
| Glutafin gluten-free Select fibre bread mix | Tobia white teff bread mix |
| Glutafin gluten-free Select fibre loaf sliced | Tritamyl gluten-free brown bread mix |
| Glutafin gluten-free Select fresh brown loaf sliced | Tritamyl gluten-free flour mix |
| Glutafin gluten-free Select fresh seeded loaf sliced | Tritamyl gluten-free white bread mix |
| Glutafin gluten-free Select fresh white loaf sliced | Warburtons gluten free brown bread sliced |
| Glutafin gluten-free Select multipurpose fibre mix | Warburtons gluten free brown rolls |
| Glutafin gluten-free Select multipurpose white mix | Warburtons gluten free white bread sliced |
| Glutafin gluten-free Select seeded loaf sliced | Warburtons gluten free white rolls |

Products which are readily available from local wholesalers or by ordering direct from the manufacturer should be selected. Ordering products not normally stocked at wholesalers may incur handling or delivery charges - chargeable to NHS budgets. GP practices and community pharmacies should work together to minimise extra charges.

Putting these guidelines into practice

1. Confirm that all patients who are to be prescribed gluten free staple products have a confirmed diagnosis of coeliac disease, dermatitis herpetiformis (NG20) using serological testing. (Prescribing for patients with IBS or wheat intolerance is **not** allowed on the NHS).
2. Ensure all patients have had a dietetic assessment to ensure their nutritional needs are being met. This is particularly important for children especially if they are growth faltering.
3. Adult patients are advised to have an annual review with their Consultant, dietitian or GP, this varies from Trust to Trust.
4. Prescribe only the products and quantities outlined in tables 1&2.
5. Consider issuing prescriptions on a monthly basis due to the shelf life of products and storage capacity for them.
6. Patients who pay for their prescriptions should be encouraged to apply for a pre-payment certificate.

Contacts

| Name | Title | Base | Contact number |
|----------------|-------------------------------|-------|----------------|
| Mr J Callaghan | Dietetic Services Manager | NuTFT | 0191 2824812 |
| Dr Cardwell | Consultant Paediatrician | NHCFT | 0344 8118111 |
| Ms E Dixon | Specialist Adult Dietitian | QE | 0191 4452074 |
| Ms K Goodwin | Paediatric Dietitian | QE | 0191 4452074 |
| Dr Hearnshaw | Consultant Gastroenterologist | NuTFT | 0191 2924610 |
| Mrs E Emmerson | Dietetic Services Manager | NHCFT | 0344 8118111 |
| Dr C Haigh | Consultant Gastroenterologist | NHCFT | 0344 8118111 |
| Dr E Johns | Consultant Gastroenterologist | QE | 0191 4820000 |
| Mrs S Mole | Paediatric Dietitian | NHCFT | 0344 8118111 |
| Dr C Mountford | Consultant Gastroenterologist | NuTFT | 0191 2824936 |
| Ms D Smith | Specialist Adult Dietitian | NuTFT | 0191 2824812 |
| Dr A Speight | Consultant Gastroenterologist | NuTFT | 0191 2825424 |
| Dr V Thomas | Paediatric Gastroenterologist | NuTFT | 0191 2824077 |
| Dr N Thompson | Consultant Gastroenterologist | NuTFT | 0191 2336161 |
| Mrs S Turnbull | Adult Dietitian | NHCFT | 0344 8118111 |
| Dr M Warren | Consultant Gastroenterologist | NHCFT | 0344 8118111 |

References

- (1) Coeliac UK National prescribing Guidelines 2018
- (2) Murch,S et al., Joint BSPGHAN and Coeliac UK guidelines for the diagnosis and management of coeliac disease in children. Arch Dis Child 2013. **98** (10):p.806-11
- (3) National institute for Health and Care Excellence (NICE). Coeliac disease: recognition, assessment and management (NG20) 2015
- (4) BDA Policy statement Gluten free food on prescription
- (5) National institute for Health and Care Excellence (NICE). Coeliac disease Quality Standard (QS134) 2016 p25-27.