

Naturally gluten free foods (always read the label)

- Most dairy products e.g. cheese, butter, milk and eggs
- Fruit and vegetables
- Meat and fish (although not breaded or marinated)
- Potatoes
- Rice
- Flours made from rice, corn, soy, chickpeas (gram flour) buckwheat and potato
- Crackers made from rice or corn
- Other grains such as millet, quinoa and buckwheat

People with Coeliac disease should include naturally gluten free staple foods as well as gluten-free foods in their diets.

Making fresh bread?

If possible, consider purchasing a bread making machine as these are relatively cheap to buy and you can obtain bread mix on prescription. The benefit of this is that you will have access to fresh bread at all times. Bread making machines are available from a range of shops and start at around £30. They should all be suitable for baking gluten free bread. It only takes about 5 minutes to prepare ingredients for a loaf.

How do I find out more?

Please discuss any questions with your GP practice. A copy of the NHS Wirral Prescribing Policy for gluten free foods is available on our website:

www.wirralccg.nhs.uk/Patient-Engagement/prescribing-policy-information-for-



Further information about gluten-free food is available from Coeliac UK through their website, helpline and local branch. You can also get advise from your dietician.

www.wirralccg.nhs.uk

Dec 2016 v3

Changes to gluten free prescribing, December 2016

Patient Information Leaflet



Why gluten free?

Certain gluten free foods are available on prescription for all patients who are diagnosed with Coeliac disease or another gluten enteropathy (disease of the small intestine)

The symptoms of Coeliac disease are kept under control by eating a strict gluten free diet.



This leaflet explains the changes to the prescribing process for patients on Wirral.

Why has the process changed?

Following a public consultation, Wirral CCG decided to further limit the prescribing of gluten free foods. The new policy will tell you the quantity of food available on prescription each month and the types of gluten free food available on prescription.

What does this policy mean for me?

Patients who have Coeliac disease or other gluten enteropathy diagnosed by a specialist can be prescribed the following number of units every month which have been adapted from recommendations outlined by Coeliac UK to reflect the further limitations placed on prescribing.

Men	
Aged 19-59	9 units
Aged 60-74	8 units
Aged 75+	7 units

Women	
Aged 19-74	7 units
Aged 75+	6 units
Breastfeeding	9 units
Pregnancy 3rd trimester	8 units

Children	
Aged 1-3	8 units
Aged 4-6	9 units
Aged 7-10	10 units
Aged 11-18	12 units

What types of gluten free food are available on prescription and what are the unit values?

Prescription food	Unit value
400g loaf of bread	1
500g flour, bread mix or flour mix	2
200g crackers	1
250g pasta	1

Items no longer available on prescription (e.g. cakes, cake mix and biscuits) will have to be bought from a supermarket. The policy also states that the most cost effective brands should be prescribed.

How will I obtain other items?

All the supermarkets now stock a good range of gluten free food. This range is constantly improving and patients are encouraged to purchase any other gluten free foods that they require.