

## Guidance on the Prescribing of Gluten Free Foods in Coeliac Disease

### Summary

#### Adults

Gluten Free foods should **not routinely be prescribed** for patients over 18 years old.

#### Children

For patients **under 18 years old**, prescribing of **bread and flour mixes only** is allowed, in line with the [Drug Tariff](#) in England. Available brands of bread and flour mix products are detailed in Part XV Borderline Substances List in the [Drug Tariff](#).

Each prescription for gluten free foods should be for a **one month supply** only. Although note some manufacturers may have a minimum order quantity.

### Monthly Prescribing Quantities

Gluten-free items have been allocated a 'unit' value based on their carbohydrate and energy content and their cost. This table illustrates the usual monthly quantities for prescribing for bread and mixes as per [Coeliac UK prescribing guidance](#) for England (bread and mixes only)

1 unit is equivalent to 400g bread. 2 units is equivalent to 500mg flour mix.

Age (years)	Suggested monthly units
Under 10	8
11-18	12

### Prescribing in Exceptional Circumstances

The application of ICB prescribing recommendations are at the discretion of health professionals and their individual patients and do not override the responsibility of healthcare professionals to make decisions appropriate to the circumstances of the individual patient, in consultation with the patient and/or their carer or guardian.

The ICB recognises that prescribers retain their clinical discretion and when exercising their judgement, are expected to take the ICB prescribing position fully into account, alongside the individual needs, preferences and values of their patients.

In determining whether a patient is able to demonstrate exceptional circumstances the GP should compare the patient to other patients with the same presenting medical condition at the same stage of progression. The GP is entitled to reach their own views on the likely clinical outcomes for the individual patient of the impact of a restriction in prescribing. Information regarding the patient's social or personal circumstances could be considered as part of the decision making process.

It is recognised that the area has pockets of economic deprivation and a small number of patients may experience negative financial impact. GPs are expected to consider a gluten free prescribing recommendation in conjunction with the needs of patients. The option to refer for specialist support e.g. a dietitian will also remain available.

If a GP deems prescribing necessary for patients aged over 18, then product choice should be limited to those included in the Drug Tariff. Reasons for prescribing should be documented in the patient's clinical record.

### Additional Information

- For all information regarding coeliac diagnosis and local referral pathways please see [BNSSG Remedy](#)
- [NICE QS134](#) covers recognising, assessing and managing coeliac disease in adults, young people and children.
- [Coeliac UK](#) contains advice and support for patients.