

# Prescribing Guidelines for Gluten Free Foods in the Community

Also see Fife Formulary

[www.fifeadtc.scot.nhs.uk/formulary/](http://www.fifeadtc.scot.nhs.uk/formulary/)

Community Pharmacy Scotland

[http://www.communitypharmacy.scot.nhs.uk/nhs\\_boards/NHS\\_Fife/gluten\\_free.html](http://www.communitypharmacy.scot.nhs.uk/nhs_boards/NHS_Fife/gluten_free.html)

The prescribing of gluten free products should only be for those with coeliac disease (CD) and dermatitis herpetiformis (DH).

## Diagnosis and Treatment of coeliac disease (CD)

- CD is an autoimmune disease that causes inflammation of the small intestinal mucosa, and is induced by the ingestion of gluten. The cornerstone of treatment for CD is a lifelong gluten-free diet. Dietary adherence can be challenging for patients and requires constant vigilance. Appropriate prescribing of gluten free products has been shown to be an important factor in achieving dietary adherence and avoiding the complications associated with gluten ingestion.
- It is important to inform patients that they need to continue with a **gluten containing diet** prior to carrying out diagnostic investigations for coeliac disease, in order to avoid a false negative result. Gluten-free foods should not be issued until diagnosis has been confirmed (even a short period of gluten avoidance will mask the diagnosis), and the patient has been assessed by a dietitian.
- The diagnosis of coeliac disease will initially involve serological testing, including Immunoglobulin A (IgA) and IgA anti-tissue transglutaminase antibody (tTGA). In adults, if the blood test is positive, a gastroenterologist referral should be made in order for a duodenal biopsy to be carried out to either confirm or exclude CD. Diagnosis must be made by positive antibody blood test and/or gut biopsy.
- In paediatrics there has been new guidance for diagnosis, published by the British Society of Paediatric Gastroenterology Hepatology and Nutrition (BSPGHAN). For the majority of children who do not present with all 3 features (tTGA >200; family history and classical symptoms) a biopsy remains the correct diagnostic procedure. Diagnosis and management should involve a referral to medical paediatrics and a paediatric dietitian. In NHS Fife all management is provided in secondary care up to the age of 16 years.
- All newly diagnosed patients should avoid oat products for 6-12 months. Gluten free oats should be re-introduced into the diet following the advice of a specialist clinician.

## Diagnosis and Treatment of Dermatitis Herpetiformis

- DH is a cutaneous manifestation of CD and the diagnosis is confirmed by a skin biopsy. A gluten free diet is recommended, but improvement of symptoms will often take 6-12 months. Dapsone is usually prescribed for an initial period, and continued thereafter at a minimum dose required to control the skin rash.

## Prescribing Gluten Free Foods

- A variety of gluten-free foods are available for prescribing from the NHS Fife Gluten Free Food Formulary. Gluten-free foods that form part of a healthy balanced diet are required.

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Gluten-free foods that are not normally required are biscuits, cakes and cake mixtures. This Formulary only includes foods listed by the Advisory Committee on Borderline Substances (ACBS) as suitable for prescribing on NHS prescription. ACBS only approves foods considered as 'dietary staples' that form the basis of a nutritionally balanced diet. The Formulary includes: breads and rolls, flours or bread/pastry mixes, pastas, crackers, crispbreads, pizza bases and xanthan gum. Gluten-free foods considered 'luxury items' include biscuits, cakes and cake mixtures and should be self funded. However dietitians may occasionally recommend the temporary prescription of these products using the agreed non-formulary recommendation form if there are concerns with growth faltering in children or unintentional weight loss/low BMI (<18.5kg/m<sup>2</sup>) in adults. The Formulary should be followed irrespective of whether patients choose to receive their GFF through the Additional Pharmaceutical Service or through their GP practice.

- To reflect changes in the availability of products the formulary will be updated on a quarterly basis initially. Patients will be provided with copies of the formulary as a Prescribable Gluten-Free Foods list to enable them to make their selection of GFF using the Gluten-Free Food Requirement Order Form.
- Some of the products contain Codex wheat starch, an ingredient that is safe for people with coeliac disease. We highlight products with Codex wheat starch with a triangle ▲.
- Some companies charge pharmacies for delivery of GFF products. This has been taken into account in the development of the formulary and will continue to be monitored. Prescribers should be aware that any non-formulary prescribing may incur delivery costs (i.e. prescribing costs) in excess of the individual cost of the product.
- Dietitians may recommend other products on the ACBS list on the basis of nutritional need or where growth problems are identified, the reasons for this will be documented and any contribution to the unit allocation will be highlighted.
- The NHS Fife GFF Formulary will be available for practices through the ADTC website (<http://www.fifeadtc.scot.nhs.uk/>) and will be provided as a pdf reference document. It will also be available for Community Pharmacists on the Community Pharmacy website. ([http://www.communitypharmacy.scot.nhs.uk/nhs\\_boards/NHS\\_Fife/gluten\\_free.html](http://www.communitypharmacy.scot.nhs.uk/nhs_boards/NHS_Fife/gluten_free.html)). The Gluten Free Food List will be provided to patients to enable them to select their preferred GFF products.
- Further information for your patients about the Gluten Free Food Service is available at <http://www.nhsinform.co.uk/GFFSeligibility> and an online version of the NHS Fife Gluten Free Food List is available at [www.nhsfife.org](http://www.nhsfife.org)

## Allocation of Units

- People with CD have varying nutritional requirements for gluten free foods depending on their age, gender, occupation and lifestyle. The following tables provide information regarding nationally agreed prescribing quantities through the Unit Allocation and the number of units the various prescribable products contribute. The allocation may need to be increased for people with particularly active lifestyles or occupations. Exceptions to these amounts should be on the advice of a dietitian.

Monthly gluten free food prescription requirements	
Age Group	Suggested Number of units/month
Child 1-3 years	10
Child 4-6 years	11
Child 7-10 years	13
Child 11-14 years	15
Child 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
Breastfeeding	Add 4
3rd trimester pregnancy	Add 1

Gluten Free Foods with their unit value	
Food	Unit value
<400g bread	½
400 – 599g bread	1
≥ 600g bread	1½
150 – 250g rolls / baguettes	½
251 - 400g rolls/baguettes	1
500g bread mix/flour mix	2
<199g savoury biscuits/crackers	½
200g savoury biscuits/crackers/ crispbreads	1
250g pasta	1
251 – 499g pasta	1½
≥ 500g pasta	2
2 x 110g -180g pizza bases	1

## NHS FIFE GLUTEN FREE FOOD FORMULARY

PRESCRIBABLE FOODS	PIP CODE	NUMBER OF UNITS
<b>BREAD</b>		
<b>GENIUS</b>		
Original Bread White Unsliced 400g x 8	(PIP Code 357-8333)	8 (1 each)
Original Bread Brown Unsliced 400g x 8	(PIP Code 357-8325)	8 (1 each)
Original Bread Brown Sliced 400g x 8	(PIP Code 370-0440)	8 (1 each)
Original Bread White Sliced 400g x 8	(PIP Code 370-0432)	8 (1 each)
Soft & Tasty Sandwich Bread Brown Sliced 535g x6	(PIP Code 379-8550)	6 (1 each)
Soft & Tasty Sandwich Bread White Sliced 535g x6	(PIP Code 379-8568)	6 (1 each)
<b>GLUTAFIN</b>		
<b>GLUTEN &amp; WHEAT FREE</b>		
Fibre Loaf – Sliced 400g	(PIP Code: 237-7356)	1
White Loaf – Sliced 400g	(PIP Code: 090-4268)	1
<b>SELECT GLUTEN FREE</b>		
Fresh Brown Loaf 400g x 8	(PIP Code: 330-6800)▲	8 (1 each)
Fresh White Loaf 400g x 8	(PIP Code: 290-6840)▲	8 (1 each)
Seeded Loaf – Sliced 400g	(PIP Code: 308-9364)▲	1
White Loaf – Sliced 400g	(PIP Code: 054-6093)▲	1
<b>JUVELA</b>		
Gluten Free Fibre Loaf – Sliced 400g	(PIP Code: 074-8632)▲	1
Gluten Free White Loaf – Sliced 400g	(PIP Code: 074-8590)▲	1
Gluten Free Fresh Fibre Sliced Loaf 400g x 8	(PIP Code: 339-9789)▲	8 (1 each)
Gluten Free Fresh White Loaf – Sliced 400g x 8	(PIP Code: 322-0217)▲	8 (1 each)
Gluten Free Part-baked Fibre Loaf 400g	(PIP Code: 273-6890)▲	1
Gluten Free Part-baked White Loaf 400g	(PIP Code: 273-6882)▲	1
<b>LIFESTYLE HEALTHCARE</b>		
Fresh High Fibre Sliced 400g x 8	(PIP Code: 229-4254)	8 (1 each)
Fresh White Bread Sliced 400g x 8	(PIP Code: 087-6490)	8 (1 each)
<b>WARBURTONS</b>		
Wheat & Gluten Free Sliced Brown Bread 400g x 4	(PIP Code: 368-5278)	4 (1 each)
Wheat & Gluten Free Sliced White Bread 400g x 4	(PIP Code: 368-5260)	4 (1 each)

PRESCRIBABLE FOODS	PIP CODE	NUMBER OF UNITS
<b>ROLLS / OTHER BREADS</b>		
<b>GLUTAFIN</b>		
<b>GLUTEN &amp; WHEAT FREE</b>		
Fibre Rolls (4 pack) 200g	(PIP Code: 344-3652)	½
White Rolls (4 pack) 200g	(PIP Code: 344-3645)	½
<b>SELECT GLUTEN FREE</b>		
Part-Baked Long White Rolls (2 pack) 150g	(PIP Code: 344-3637)▲	½
Part-Baked White Rolls (4 pack) 200g	(PIP Code: 344-2753)▲	½
<b>LIVWELL</b>		
Tear Drop Flat Breads (Naan) (2 pack) 180g	(PIP Code 339-8591)	½
Ciabatta Rolls –Square Dinner Rolls (2 pack)160g	(PIP Code 351-8552)	½
<b>JUVELA</b>		
Fibre Rolls (5 pack - each roll 85g) 425g	(PIP Code: 080-3668)▲	1
Fresh White Rolls (5 pack - each roll 85g)425g x8	(PIP Code: 355-8871)▲	8 (1 each pack)
Part-baked Fibre Rolls (5 pack - each roll 75g) 375g	(PIP Code: 262-9020)▲	1
Part-baked White Rolls (5 pack - each roll 75g) 375g	(PIP Code: 243-7267)▲	1
White Rolls (5 pack - each roll 85g) 425g	(PIP Code: 010-5916)▲	1
<b>WARBURTONS</b>		
Gluten Free Brown Sub Rolls (3 per pack) 220g x4	(PIP Code: 368-5294)	2 (½ each)
Gluten Free White Sub Rolls (3 per pack) 220g x4	(PIP Code: 368-5286)	2 (½ each)

<b>PRESCRIBABLE FOODS</b>	<b>PIP CODE</b>	<b>NUMBER OF UNITS</b>
<b>PIZZA BASES</b>		
<b>ENER-G</b>		
Wheat free Pizza Base (3 pack) 372g	(PIP Code: 295-5896)	1
<b>GLUTAFIN</b>		
Pizza Bases (2 pack) 300g	(PIP Code: 334-1112)	1
<b>JUVELA</b>		
Pizza Bases (2 pack) 360g	(PIP Code: 265-4390)▲	1

<b>PASTA</b>		
<b>GLUTAFIN</b>		
<b>GLUTEN &amp; WHEAT FREE</b>		
Lasagne 250g	(PIP Code: 215-5091)	1
Pasta Shells (Conchiglie) 500g	(PIP Code: 250-0676)	2
Pasta Spirals (Fusilli) 500g	(PIP Code: 211-5178)	2
Penne 500g	(PIP Code: 211-5152)	2
Spaghetti 500g	(PIP Code: 211-5160)	2
<b>JUVELA</b>		
Fibre Penne 500g	(PIP Code: 332-8010)	2
Fusilli 500g	(PIP Code: 280-7980)	2
Macaroni 500g	(PIP Code: 280-8004)	2
Spaghetti 500g	(PIP Code: 280-7998)	2
Tagliatelle 250g	(PIP Code: 319-3497)	1

<b>CRACKERS &amp; CRISPBREAD</b>		
<b>GLUTAFIN</b>		
<b>GLUTEN &amp; WHEAT FREE</b>		
High Fibre Crackers 200g	(PIP Code: 018-7641)	1
Savoury Shorts 130g	(PIP Code: 0359-6996)	½
Mini Crackers 175g	(PIP Code: 353 5515)	½
<b>JUVELA</b>		
Crispbread 200g	(PIP Code: 236-6136)	1

<b>HOME BAKING</b>		
<b>GLUTAFIN</b>		
G/F W/F Bread Mix 500g	(PIP Code 298-8418)	2
Select_G/F Bread Mix 500g	(PIP Code 274-4951)▲	2
Select_G/F Multipurpose White Mix 500g	(PIP Code 004-5187)▲	2
<b>JUVELA</b>		
G/F Fibre Mix 500g	(PIP Code 023-6042)	2
G/F Mix White 500g	(PIP Code 035-2161)	2
<b>ORGRAN</b>		
Orgran_G/F Self Raising Flour 500g	(PIP Code 273-4762)	2
<b>BAKING AIDS</b>		
<b>ENER-G</b>		
Xanthan Gum 170g	(PIP Code: 272-4318)	1

## GLUTEN-FREE PRODUCTS – MANUFACTURERS

<p>Community Foods Tel: 020 8208 2966 Email: <a href="mailto:enquiries@communityfoods.co.uk">enquiries@communityfoods.co.uk</a> <a href="http://www.communityfoods.co.uk">www.communityfoods.co.uk</a> Brands – <b>Orgran</b></p> <p>Dr Schar Tel: 0800 988 2470 Email: <a href="mailto:glutenfree@glutafin.co.uk">glutenfree@glutafin.co.uk</a> <a href="http://www.glutafin.co.uk">www.glutafin.co.uk</a> Brands- <b>Glutafin</b></p> <p>General Dietary Ltd Tel: 0203 044 2933 Email: <a href="mailto:info@generaldietary.com">info@generaldietary.com</a> <a href="http://www.generaldietary.com">www.generaldietary.com</a> Brands – <b>Ener-G</b></p> <p>Genius Gluten Free Tel: 0845 874 4000 <a href="http://www.geniusglutenfree.com">www.geniusglutenfree.com</a> Brands – <b>Genius</b></p>	<p>Juvela Tel: 0800 783 1992 Email: <a href="mailto:info@juvela.co.uk">info@juvela.co.uk</a> <a href="http://www.juvela.co.uk">www.juvela.co.uk</a> Brands – <b>Juvela</b></p> <p>Lifestyle Healthcare Ltd/Ultrapharm Ltd Tel: 0845 270 1400 Email: <a href="mailto:sales@gfdiet.com">sales@gfdiet.com</a> <a href="http://www.gfdiet.com">www.gfdiet.com</a> Brands – <b>Lifestyle</b></p> <p>Livwell Tel: 0845 874 4000 Email: <a href="mailto:info@livwell.eu">info@livwell.eu</a> <a href="http://www.livwell.eu">www.livwell.eu</a> Brands – <b>Livwell</b></p> <p>Warburtons Tel: 01204 531004 <a href="http://www.glutenandwheatfree.co.uk">www.glutenandwheatfree.co.uk</a> Brands- <b>Warburtons</b></p>
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