

New prescribing restrictions for gluten-free items

From the Tuesday 4 December 2018 **only gluten-free bread and flour mixes will be available on prescription** on the NHS. This decision was made following a national public consultation carried out by the Department of Health and Social Care.

Which gluten-free products are not allowed to be prescribed by the GP?

All other gluten-free products such as; biscuits, cakes, cereals, grains, pizza and pasta.

Why has the NHS stopped making those gluten-free foods available on prescription?

This decision was made after a national consultation, feedback was collected from healthcare professionals, patients, and the Coeliac Society.

It was generally accepted that the restricted products; biscuits, cakes etc. were considered as treats and are not part of a healthy diet.

Also a wide range of gluten-free products are now available from most local supermarkets at a reasonable price, where you can choose to buy from. There is also a variety of naturally gluten-free foods.

Email : mhcc.medsoptimisation@nhs.net
Phone: 0161 765 4023

Why are only bread and flour mixes allowed on prescription?

The decision was taken because:

- Bread is considered to be a staple food in the UK
- Flour mixes will give patients greater choices to decide to cook or bake other foods.

Is fresh bread included in the restrictions?

No, all types of gluten-free bread will be available on prescription.

What if I still get a prescription for a restricted item after the 4 December 2018?

Community pharmacies will no longer be able to make supply for the restricted gluten-free items after the 4 December 2018. And the pharmacy may refer you back to the GP for a suitable alternative.

Where can I go for more information?

You can find more information about gluten-free foods and general healthy lifestyles from the following websites:

www.coeliac.org.uk

www.nhs.uk/live-well/eat-well

For general questions about the gluten-free prescription restrictions speak to your local community pharmacist or you can contact Manchester Health & Care Commissioning's Medicines Optimisation Team on 0161 765 4023.

Email : mhcc.medsoptimisation@nhs.net

Phone: 0161 765 4023