Hertfordshire and West Essex Integrated Care System

NHS Hertfordshire and West Essex Integrated Care Board

For use in West Essex

Gluten Free Implementation Supporting Document

Further to some queries regarding implementing the March 2018 gluten free guidance (found here) the following document has been produced.

1. Types of gluten free products

- As per the outcome of the National Consultation only **gluten free bread and mix products** can continue to be prescribed for people with a **diagnosis** of Coeliac Disease or Dermatitis Herpetiformis.
- In November 2018 The Department of Health and Social Care (DHSC) issued guidance to restrict prescribing to **specific brands** of bread and mix products (Appendix 1), which will be retained in Part XV of the Drug Tariff.
- All other gluten free products have been removed from drug tariff and are **no longer able to be prescribed**. To clarify, please see below:

√ **Items that can be prescribed**	X **Items that should not be prescribed**
Bread- **certain brands** including **some** uncut/ sliced/ long life/ part baked/ fresh varieties Rolls- **certain brands** including **some** long life/ part baked varieties Baguettes- **certain brands** including **some** long life/ part baked varieties Mixes- **certain brands** with 'mix' or 'blend' in the product name **For information clarifying specific brands that can be prescribed, please refer to Appendix 1**	All bread and mix products not found in Appendix 1 Savoury or sweet biscuits Cakes and cake mixes Pizza bases Pasta Crackers and Crispbreads Oats Breakfast Cereals Plain or Self raising flour Cooking aids Crumpets

2. Amount of gluten free products

At present there is not a fixed number of units of gluten free bread/ mixes recommended nationally.

For guidance- **a suggested appropriate amount is 8 to10units per person per month, regardless of age or gender.**

Product	Number of units
1 x 400g or 2 x 200g of bread products (including any variety of bread/ rolls/ baguettes etc)	**1**
1 x 500g box mix product	**2**

Please note, patients can be prescribed any combination of bread/ mix products within the suggested 8 to 10 unit allowance per person per month.

Some patients may not require this amount- only prescribe the quantity the patient requires. If patients are requesting in excess of this suggested amount they should be reviewed to assess their requirement.

Please find patient information letter in Appendix 2.

If you have any further queries regarding the prescription of gluten free foods in West Essex, please contact:

Email: WECCG.MedicinesOptimisationteam@nhs.net
Telephone: 01992 566 144

Appendix 1

Brands of Gluten Free Bread and mixes that have been retained on the Drug Tariff and can continue to be prescribed:

Barkat gluten-free all-purpose flour mix
Barkat gluten-free brown rice bread
Barkat gluten-free hi-fibre bread mix
Barkat gluten-free par-baked baguettes
Barkat gluten-free par-baked rolls
Barkat gluten-free par-baked white bread sliced
Barkat gluten-free wheat free multigrain rice bread
Barkat gluten-free white rice bread
Barkat gluten-free wholemeal sliced bread

Ener-G gluten-free brown rice bread
Ener-G gluten-free dinner rolls
Ener-G gluten-free rice loaf
Ener-G gluten-free Seattle brown loaf
Ener-G gluten-free tapioca bread
Ener-G gluten-free white rice bread

Finax gluten-free coarse flour mix
Finax gluten-free fibre bread mix
Finax gluten-free flour mix

Genius gluten-free brown sandwich bread sliced
Genius gluten-free seeded brown farmhouse loaf sliced
Genius gluten-free white sandwich bread sliced

Glutafin gluten-free 4 white rolls
Glutafin gluten-free baguettes
Glutafin gluten-free bread mix
Glutafin gluten-free fibre bread mix
Glutafin gluten-free fibre loaf sliced
Glutafin gluten-free high fibre loaf sliced
Glutafin gluten-free multipurpose white mix
Glutafin gluten-free part-baked 2 long white rolls
Glutafin gluten-free part-baked 4 fibre rolls
Glutafin gluten-free part-baked 4 white rolls
Glutafin gluten-free Select bread mix
Glutafin gluten-free Select fibre bread mix
Glutafin gluten-free Select fibre loaf sliced
Glutafin gluten-free Select fresh brown loaf sliced
Glutafin gluten-free Select fresh seeded loaf sliced
Glutafin gluten-free Select fresh white loaf sliced
Glutafin gluten-free Select multipurpose fibre mix
Glutafin gluten-free Select multipurpose white mix
Glutafin gluten-free Select seeded loaf sliced
Glutafin gluten-free Select white loaf sliced
Glutafin gluten-free wheat-free fibre mix
Glutafin gluten-free white loaf sliced

Glutenex gluten-free white bread mix

Innovative Solutions gluten-free bakery blend

Just: gluten-free good white bread sliced
Just: gluten-free good white rolls
Just: gluten-free white sandwich bread

Juvela gluten-free bread rolls
Juvela gluten-free fibre bread rolls
Juvela gluten-free fibre loaf sliced
Juvela gluten-free fibre loaf unsliced
Juvela gluten-free fibre mix
Juvela gluten-free fresh fibre loaf sliced
Juvela gluten-free fresh fibre rolls
Juvela gluten-free fresh white loaf sliced
Juvela gluten-free fresh white rolls
Juvela gluten-free harvest mix
Juvela gluten-free loaf sliced
Juvela gluten-free loaf unsliced
Juvela gluten-free mix
Juvela gluten-free part-baked fibre bread rolls
Juvela gluten-free part-baked fibre loaf
Juvela gluten-free part-baked loaf
Juvela gluten-free part-baked white bread rolls

Lifestyle gluten-free brown bread
Lifestyle gluten-free brown bread rolls
Lifestyle gluten-free high fibre bread rolls
Lifestyle gluten-free white bread rolls

Mums Mill gluten-free quick bread mix

Orgran gluten-free bread mix

Proceli basic mix
Proceli gluten free part-baked baguettes

Tobia Brown Teff Bread Mix
Tobia White Teff Bread Mix

Tritamyl gluten-free brown bread mix
Tritamyl gluten-free flour mix
Tritamyl gluten-free white bread mix

Warburtons gluten free brown bread sliced
Warburtons gluten free brown rolls
Warburtons gluten free white bread sliced
Warburtons gluten free white rolls

Any Gluten Free Products not listed have been removed from drug tariff and should not be prescribed.

Appendix 2: Patient Information Letter

NHS
Hertfordshire and
West Essex
Integrated Care Board

Changes to the local NHS guidance on prescribing gluten-free

Dear Patient,

We are writing to you to update you on the changes that will affect everyone in our area who receives gluten-free food on prescription. NHS West Essex Clinical Commissioning Group (CCG) – the local NHS organisation which plans and pays for healthcare in this area, has made a decision that gluten-free foods will be restricted to bread and/ or mix products. This means all other gluten free items such as pasta, self-raising/ plain flour, pizza bases, cereals/ grains, crackers/ crispbreads, biscuits and cooking aids will no longer be available on prescription. This decision follows the outcome of a National Consultation that was conducted by The Department of Health & Social Care (DHSC) which concluded a limited range of bread and mix products are to be retained on prescription.

In the past, specialist gluten-free products were not widely available, and receiving them on prescription was often the only way to get them. However, awareness of coeliac disease, gluten-sensitivity and other similar conditions is on the increase and a varied range of gluten-free foods is now available from shops, supermarkets and online. Changes to the law mean food labelling has improved, making it easier to see which foods contain gluten.

There is also lots of good information available about eating a healthy and balanced diet which is naturally free from gluten. Coeliac UK has produced lots of information about how to eat a gluten-free diet which you may find useful. You can find this on the charity's website: www.coeliac.org.uk or by calling their helpline on 0333 332 2033 (local call rates apply).

If you are concerned about your health, it is very important that you make an appointment to talk to your GP or drop in to see a community pharmacist. If you would like to raise your concerns regarding the content of this letter, you can contact the CCG's *Patient* Advice and *Liaison* Service (PALS) Experience Team using the following details:

Telephone: 01992 566 122

Email: **weccg.comments@nhs.net**

In writing: The Patient Experience Team,
NHS West Essex CCG,
Building 3, Spencer Close,
St. Margaret's Hospital,
The Plain,
Epping, Essex, CM16 6TN

Yours sincerely,

Medicines Optimisation Team, NHS West Essex