Guidance for the Prescribing of Gluten Free Products – Patients exempted from CCG guidance (Updated Jan 19)

The gluten-free food guidance (www.enhertsccg.nhs.uk/gluten-free-foods) excludes some patients with learning disabilities without a carer to aid in managing a gluten-free diet or where prescribers are aware of safeguarding concerns in at-risk adults or children.

- A learning disability is a condition featuring reduced intellectual ability and difficulty with everyday activities; for example household tasks, socialising or managing money, which affects someone for their whole life.

- Safeguarding means protecting people's health, wellbeing and human rights and enabling them to live free from harm, abuse and neglect[1][2]. Each GP practice has a safeguarding lead.

Age and sex	Maximum number of units supported for prescribing by East and North Hertfordshire CCG each month
1 – 3years	10
4 – 6	11
7 – 10	13
11 – 14	15
15 – 18	18
Male 19 – 59	18
Male 60 – 74	16
Male 75+	14
Female 19 - 74	14
Female 75+	12
Breastfeeding	Add 4 units
3rd trimester of pregnancy	Add 1 unit
High physical activity	Add 4 units

Gluten-free prescribable items have been allocated a unit value based on their carbohydrate and energy content and their cost. Only gluten free staple foods (bread and mixes) that are approved by the Advisory Committee on Borderline Substances (ACBS) can be prescribed for people with a medical diagnosis of coeliac disease.

Prescribable gluten-free food item	Number of units
400g bread, rolls / baguettes	1
500g bread / flour mix	2

[1] http://www.cqc.org.uk/what-we-do/how-we-do-our-job/safeguarding-people

[2] http://www.enhertsccg.nhs.uk/safeguarding-adults-and-children