

## Ipswich and East Suffolk Clinical Commissioning Group Gluten Free Prescribing Guidance

### Key Points

- Adults aged 19 years and over should purchase all gluten free products they require; no gluten free products should be prescribed on the NHS.
- Children and adolescents aged 18 years and under should only be prescribed up to 8 units per month of gluten free bread and / or mixes on the NHS.
- Gluten free products for children and adolescents should only be prescribed on the NHS if the patient has a diagnosis of
  - Coeliac disease
  - Dermatitis herpetiformis
- All patients who have been diagnosed as having Coeliac disease should have been offered advice from a dietitian after diagnosis and annually. If any patient would like further dietary advice they should be referred into the IHT dietetics service.
- Items in the formulary provide staple foods to support a healthy diet. All patients are advised to follow a healthy, well-balanced diet including plenty of fresh fruit and vegetables. Items not listed on the formulary can be purchased by the patient if required.
- A wide range of gluten free items are now available for patients to purchase from supermarkets, health food shops and online.

### Formulary

**For adults aged 19 years and over no foods can be prescribed.**

For children and adolescents aged 18 years and under:

- Long-life bread/rolls
- Fresh bread/rolls
- Mixes

### Quantities

Age and sex	Number of units per month
Children aged 18 years and under	8
Adults aged 19 years and over	0

### Queries

Any patient queries can be directed to the Patient Advice and Liaison Service (PALS):  
0800 389 6819 or [pals@suffolk.nhs.uk](mailto:pals@suffolk.nhs.uk)

Ipswich and East Suffolk gluten free formulary for **children and adolescents aged 18 years and under** – January 2020

Product	Pack size	Units per pack
<i>Long-life bread</i>		
Glutafin gluten free white sliced loaf 300g	1 x 300g	1
Glutafin gluten free fibre sliced loaf 300g	1 x 300g	1
Glutafin gluten free high fibre sliced loaf 350g	1 x 350g	1
Glutafin gluten free Select white sliced loaf 400g	1 x 400g	1
Glutafin gluten free Select fibre sliced loaf 400g	1 x 400g	1
Glutafin gluten free Select seeded sliced loaf 400g	1 x 400g	1
Juvela gluten free white sliced loaf 400g	1 x 400g	1
Juvela gluten free white unsliced loaf 400g	1 x 400g	1
Juvela gluten free fibre sliced loaf 400g	1 x 400g	1
Juvela gluten free fibre unsliced loaf 400g	1 x 400g	1
Juvela gluten free part-baked white loaf 400g	1 x 400g	1
Juvela gluten free part-baked fibre loaf 400g	1 x 400g	1
<i>Long-life rolls</i>		
Glutafin gluten free white rolls 200g (50g x 4)	4 x 50g	0.5
Glutafin gluten free part-baked fibre rolls 200g (50g x 4)	4 x 50g	0.5
Juvela gluten free white rolls 425g (85g x 5)	5 x 85g	1
Juvela gluten free fibre rolls 425g (85g x 5)	5 x 85g	1
<i>Fresh bread</i>		
Genius white sandwich bread sliced 535g	6 x 535g	6
Genius brown sandwich bread sliced 535g	6 x 535g	6
Glutafin gluten free Select fresh white sliced loaf 400g	8 x 400g	8
Glutafin gluten free Select fresh brown sliced loaf 400g	8 x 400g	8
Juvela gluten free fresh white sliced loaf 400g	8 x 400g	8
Juvela gluten free fresh fibre sliced loaf 400g	8 x 400g	8
<i>Fresh rolls</i>		
Juvela gluten free fresh white rolls 425g (85g x 5)	8 x 5 x 85g	8
Juvela gluten free fresh fibre rolls 425g (85g x 5)	8 x 5 x 85g	8
<i>Mixed cases of fresh bread and / or rolls</i>		
Juvela fresh white loaves 4 x 400g + fresh fibre loaves 4 x 400g	8 x 400g	8
Juvela fresh white loaves 4 x 400g + fresh white rolls 4 x 425g	4 x 400g + 4 x 425g	8
Juvela fresh white loaves 4 x 400g + fresh fibre rolls 4 x 425g	4 x 400g + 4 x 425g	8
Juvela fresh fibre loaves 4 x 400g + fresh fibre rolls 4 x 425g	4 x 400g + 4 x 425g	8
Juvela fresh fibre loaves 4 x 400g + fresh white rolls 4 x 425g	4 x 400g + 4 x 425g	8
Juvela fresh white rolls 4 x 425g + fresh fibre rolls 425g	8 x 425g	8

Product	Pack size	Units per pack
<i>Mixes</i>		
Barkat gluten free all purpose flour mix 500g	1 x 500g	2
Glutafin gluten free multipurpose white mix 500g	1 x 500g	2
Glutafin gluten free wheat free fibre mix 500g	1 x 500g	2
Glutafin gluten free Select multipurpose white mix 500g	1 x 500g	2
Glutafin gluten free Select multipurpose fibre mix 500g	1 x 500g	2
Juvela gluten free white mix 500g	1 x 500g	2
Juvela gluten free fibre mix 500g	1 x 500g	2
Juvela gluten free harvest mix 500g	1 x 500g	2
Barkat gluten free hi-fibre bread mix 500g	1 x 500g	2
Glutafin gluten free bread mix 500g	1 x 500g	2
Glutafin gluten free fibre bread mix 500g	1 x 500g	2
Glutafin gluten free Select bread mix 500g	1 x 500g	2
Glutafin gluten free Select fibre bread mix 500g	1 x 500g	2