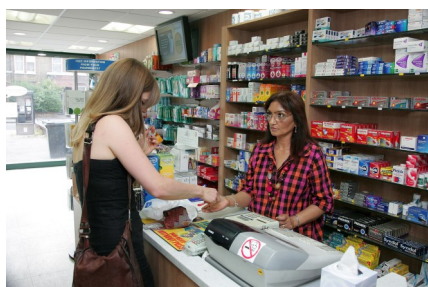


# Changes to gluten free products available on prescription



The prescribing of gluten-free products for patients diagnosed with Coeliac Disease and Dermatitis Herpetiformis is changing.

These changes are happening because there is now a large range of gluten-free products available in supermarkets and online, which there weren't before. Over the past few years these products have reduced in price.

Also the vast majority of foods, including many staple carbohydrates are naturally gluten free.

This means it is easier than ever before to eat a healthy and balanced diet without relying completely on gluten free substitutes on prescription.

With this in mind, we have looked at how we prescribe gluten free products so that we can ensure we continue to use our resources fairly.

## What does this mean for you?

If you have been diagnosed with Coeliac Disease and/or Dermatitis Herpetiformis, you will now be able to have up to 8 units per month of gluten free bread and flour on prescription.

There is a selection of different types of gluten-free bread and flour. This includes items with added calcium and also a selection of wheat free, lactose free and milk free items for those who have multiple intolerances.

The prescribing of pasta, pizza bases, cereal and crisp breads is no longer recommended as these foods are now available from supermarkets at a similar cost to their gluten containing equivalents.

## Where can you find out more?

For further information about the changes to the prescribing of gluten-free products and how we worked with patients to make these change, please ask your GP practice for the “frequently asked questions and answers” sheet or visit the West Leicestershire Clinical Commissioning Group website at [www.westleicestershireccg.nhs.uk](http://www.westleicestershireccg.nhs.uk).

To find out more about Coeliac Disease and how to manage symptoms, please visit NHS Choices web pages at [www.nhs.uk/conditions/Coeliac-disease](http://www.nhs.uk/conditions/Coeliac-disease)

There is a lot of information on the Coeliac UK website at [www.coeliac.org.uk](http://www.coeliac.org.uk) that you can access if you want advice about your diet including:

- Information about eating out
- Gluten-free food on a budget
- Shopping and food labels
- Gluten-free checklist

More general information about healthy eating can be found on the NHS choices website. <http://www.nhs.uk/Livewell/healthy-eating/>

If you require specific dietary advice, please talk to your GP who may refer you to a dietitian.