

Gluten Free Prescriptions-Information for patients

Following a confirmed diagnosis of Coeliac Disease or Dermatitis Herpetiformis (DH), people in Scotland can register at their local pharmacy to receive gluten free food 'staples' on prescription.

Your Doctor or Dietitian will complete a form for you to take to a local pharmacy of your choice, and the Pharmacist will help you to order gluten free food.

Your monthly prescription allowance for these products is based on your calorie requirements and is recorded in units-as listed in the table below:

Age group	Suggested number of units per month
Child 1- 3 years	10
Child 4 – 6 years	11
Child 7 -10 years	13
Child 11- 14 years	15
Child 15 – 18 years	18
Male 19 -59	18
Male 60 -74	16
Male 75 + years	14
Female 19 -74 years	14
Female 75 + years	12
Breastfeeding	Add 4 units
3 rd trimester pregnancy	Add 1 unit

(Coeliac UK, 2014)

An example of how you may wish to use your monthly unit allowance is shown in the table below:

Food item	Number of units
400g Bread / Rolls / Baguettes	1
500g Bread Mix	2
250g Pasta	1
2 x 110 – 180g Pizza Base	1
200g Crackers / Crispbreads	1

300g Breakfast Cereal	1½
500g Oats ¹	2

The Eatwell Guide

The 'Eatwell Guide' below gives us an idea of what a healthy balanced diet should look like:



Source: Adapted with permission from Public Health England in association with the Welsh Government, Food Standards Scotland and the Food Standards Agency in Northern Ireland © Crown copyright 2016

Remember there are many naturally gluten free foods. For example:

- All fresh fruits and vegetables are gluten free*
- All fresh meat, poultry, fish and eggs are gluten free*
- All fresh milk, plain yogurts and most cheeses are gluten free*
- Potatoes, rice, and a variety of breakfast cereals are gluten free*

*Always check the food label for wheat, barley and /or rye for foods that have been processed in any way.

Most supermarkets now stock 'free from' ranges. Speak with your Dietitian or Coeliac UK for further information and support.

Gluten free product list

The products listed below are approved for prescribing for individuals with Coeliac Disease or Dermatitis Herpetiformis in Dumfries & Galloway.

Please note:

- Some products are fortified with vitamins and minerals, please ask your dietitian or pharmacist for more information
- Some products contain Codex wheat starch, highlighted with a circle (●), an ingredient that is safe for people with coeliac disease.
- For the pharmacy: When ordering a gluten free product please ensure you select a wholesaler who will not charge out of pocket expenses or please order directly from the manufacturer.

Bread and rolls:

Item	PIP-code	Number of units
GENIUS		
Genius Gluten Free Soft Brown Sandwich Bread (535g)	379-8550	1 (minimum order 6)
Genius Gluten Free Soft White Sandwich Bread (535g)	379-8568	1 (minimum order 6)
Genius Seeded Brown Farmhouse (535g)	403-8345	1 (minimum order 6)
<i>Delivery costs to pharmacies: Genius products are distributed by Alliance without any administrative or delivery charges.</i>		
GLUTAFIN (Gluten & wheat free)		
4 white rolls (200g)	344-3645	0.5
Fibre Loaf Sliced (400g)	237-7356	1
White Loaf Sliced (400g)	090-4268	1
4 Part-baked Fibre Rolls (200g)	344-3652	0.5
4 Part-baked White Rolls (200g)	344-2753	0.5
2 Part-baked Long White Rolls (150g)	344-3637	0.5
2 Part-Baked Baguettes (350g)	224-0117	1
GLUTAFIN GLUTEN FREE SELECT (fortified with calcium)		
Fresh Seeded Loaf Sliced (400g)	402-3685	1 (minimum order 8)
Fresh Brown Loaf Sliced (400g)	330-6800	1 (minimum order 8)
Fresh White Loaf Sliced (400g)	290-6840	1 (minimum order 8)
Longer life White Loaf Sliced (400g)	054-6093	1
Long life Seeded Loaf Sliced (400g)	308-9364	1

Long life Fibre Loaf Sliced (400g)	054-6101	1
<i>Delivery costs to pharmacies: Glutafin are distributed by Alliance without any administrative or delivery charges.</i>		
JUVELA		
Longer life Fibre Loaf Sliced (400g)	074-8632 ●	1
Longer life Fibre Loaf Unsliced (400g)	010-1675 ●	1
Fresh Fibre Sliced Loaf (400g)	339-9789 ●	1 (minimum order 8)
Fresh White Loaf Sliced (400g)	322-0217 ●	1 (minimum order 8)
Longer life White Loaf Sliced (400g)	074-8590 ●	1
Longer life White Loaf Unsliced (400g)	031-4781 ●	1
Part-baked Fibre Loaf (400g)	273-6890 ●	1
Part-baked White Loaf (400g)	273-6882 ●	1
Longer life 5 Fibre Rolls (425g)	080-3668 ●	1
Longer life 5 White Rolls (400g)	010-5916 ●	1
5 Fresh White Rolls (425g)	355-8871 ●	1 (minimum order 8)
5 Fresh Fibre Rolls (425g)	355-6800 ●	1 (minimum order 8)
5 Part-baked Fibre Rolls (375g)	262-9020 ●	1
5 Part-baked White Rolls (375g)	243-7267 ●	1
Mixed case fresh fibre bread & rolls (4 loaves & 4 pack rolls)	836-4242●	8 units total
Mixed case fresh white bread & rolls (4 loaves & 4 packs rolls)	836-4259●	8 units total
Mixed case fibre bread & white rolls (4 loaves & 4 pack rolls)	839-2730●	8 units total
Mixed case white bread & fibre rolls (4 loaves & 4 pack rolls)	839-2847●	8 units total
Mixed case fibre bread & white bread (8 loaves)	839-2821●	8 units total
Mixed case fibre rolls & white rolls (8 packs rolls)	839-2839●	8 units total
<i>Delivery costs to pharmacies: Juvela products are distributed by Alliance without any administrative or delivery charges. Both Fresh Loaves and Rolls are supplied in cases of 8.</i>		
WARBURTONS- All Fresh (Gluten, milk & wheat free)		
Fresh sliced white loaf (400g)	368-5260	1 (minimum order 4)
Fresh sliced brown loaf (400g)	368-5278	1 (minimum order 4)
3 Fresh brown rolls (220g)	368-5294	0.5 (minimum order 4)
3 Fresh white rolls (220g)	368-5286	0.5 (minimum order 4)
<i>Delivery costs to pharmacies: Available through Phoenix or AAH with no handling or distribution costs.</i>		

Home baking:

GLUTAFIN (Gluten & Wheat free)		
Bread mix (500g)	298-8418	2
Fibre bread mix (500g)	298-8426	2
Multipurpose fibre mix (500g)	231-2973	2
Multipurpose white mix (500g)	231-2981	2
GLUTAFIN GLUTEN FREE SELECT		
Bread mix (500g)	274-4951 ●	2
Fibre bread mix (500g)	297-9912 ●	2
Multipurpose fibre mix (500g)	004-5591 ●	2
Multipurpose white mix (500g)	004-5187 ●	2
JUELA		
Fibre Mix (500g)	023-6042 ●	2
White Mix (500g)	035-2161 ●	2
Harvest White Mix (500g)	247-7875	2

Crackers & crispbreads:

GLUTAFIN		
Crackers (200g)	009-3302	1
Crispbread (150g)	338-4443	1
Mini Crackers (175g)	353-5515	1
JUELA		
Crispbread 200g	236-6136	1

Pizza bases:

GLUTAFIN (gluten & wheat free)		
2 Pizza Bases (300g)	334-1112	1
JUELA		
2 Pizza Bases (360g)	265-4390	1

Baking aids:

PURE/INNOVATIVE SOLUTIONS		
Pure Xanthan Gum (100g)	282-8572	1
<i>Delivery costs to pharmacies: available through AAH & Alliance with no delivery charge.</i>		

Pasta:

GLUTAFIN (Gluten & wheat free)		
Fusilli (Spirals) (500g)	211-5178	2
Penne (500g)	211-5152	2
Spaghetti (500g)	211-5160	2

JUVELA		
Fibre Penne (500g)	332-8010	2
Fusilli (Spirals) (500g)	280-7980	2
Lasagne Sheets (250g)	280-7972	1
Macaroni (500g)	280-8004	2
Spaghetti (500g)	280-7998	2
Tagliatelle (250g)	319-3497	1

Breakfast Cereals:

GLUTAFIN (Gluten & wheat free)		
Cornflakes (375g)	381-3748	1.5
JUVELA		
Fibre Flakes (300g)	371-1660	1.5
Flakes (300g)	371-1652	1.5
Cornflakes (375g)	388-2990	1.5
Crispy Rice (375g)	388-2982	1.5
Pure oats (500g)	371-1678	2

'PIP codes' are unique numbers allocated to products so that your pharmacist can order the correct item for you. When completing your gluten free order form please state both the product name **and** the PIP code.

To obtain further copies of this document, visit the following websites:

NHS Dumfries & Galloway patient website:

www.nhsdq.scot.nhs.uk

and follow the links for Services>Pharmacy>The Scottish Gluten Free Food List

NHS Dumfries and Galloway Prescribing Support Team website:

www.dgprescribingmatters.co.uk

For further information on a gluten free diet and lifestyle, contact:

Coeliac UK (registered charity no. 1048167)

www.coeliac.org.uk

Helpline: 0845 305 2060

NHS Inform

www.nhsinform.scot

Tel: 0800 224488