

Advice for patients

Gluten free food products are **NOT AVAILABLE** on prescription in Wakefield from 1st July

Why are gluten free products not available on prescription?

NHS Wakefield CCG does not routinely provide gluten free foods on prescription because these items are available in local shops, supermarkets and to order from pharmacies. The CCG needs to make the best use of limited NHS resources. Your local NHS spends around £200,000 a year on prescribing gluten free products. By making this change the NHS can spend this money on drugs and treatments that cannot be bought over the counter and have a high impact on people's health.

I am worried about the cost of gluten free products

Some gluten free specialist products may be more expensive than non-gluten free products. However, increasing demand for gluten free foods means that prices are reducing and foods are more affordable. We recommend that people who must stick to a gluten free diet (eg those who have been diagnosed with coeliac disease) choose foods that are naturally gluten free rather than buying specialist products that have been manufactured to be gluten free. Eating a healthy, balanced diet doesn't need to be expensive. Shop bought, processed foods may save time but can make a huge dent in your wallet and are not always the healthiest option.

Details of naturally gluten free diet are available at www.coeliac.org.uk

I have a Prescription Prepayment Certificate (PPC) - what does this mean for me?

People who have a prescription prepayment certificate used solely for the prescribing of gluten free foods may be eligible for a reimbursement. Further details about eligibility and how to apply for a refund can be found at: <http://www.nhsbsa.nhs.uk/HealthCosts/2132.aspx>

Where can I get gluten free products?

Gluten free foods are available from a range of sources including:

- Supermarkets eg "Free From" ranges
- Health food shops
- To order from local pharmacies
- To order direct from manufacturers

There is more information about suppliers of gluten free foods on our website.

What is coeliac disease?

Coeliac disease is an autoimmune condition. This is where the immune system – the body's defence against infection – mistakenly attacks healthy tissue. In coeliac disease, the immune system mistakes substances found inside gluten as a threat to the body and attacks them. This damages the surface of the small bowel (intestines), disrupting the body's ability to absorb nutrients from food.

There is more information about healthy eating as well as sources of gluten free foods on the NHS choices website: www.nhs.uk

If you want to talk to someone about this change contact: Patient Advice and Liaison Service

Email: EMBED.PALS@nhs.net



What is a gluten free diet?

Gluten is a protein found in wheat, rye and barley. A gluten free diet avoids all foods that contain or may have come into contact with wheat, rye or barley. Gluten is mainly present in foods made from particular types of flour (including bread, biscuits, pasta, pizza, cakes and pastry). It can also be found in other foods that you may not expect, such as sauces, soups, yogurts, burgers and ready meals. Some foods are naturally gluten free.

NATURALLY GLUTEN FREE
Rice, potato, buckwheat, amaranth, quinoa, soya, tapioca, ground almonds, corn (maize), millet, polenta.
Corn pasta, rice pasta, plain rice noodles.
All meat and fish with no added ingredients (coatings/flavourings). Plain tofu and plain soya mince or textured vegetable protein.
Eggs, cheese, cream, milk, butter, margarine, cooking oils, ghee, lard.
All fresh, frozen, tinned fruit and vegetables. Vegetables pickled in vinegar. Beans, legumes, and nuts.

NOT GLUTEN FREE
Wheat, rye, barley, malted barley, couscous, semolina, wheat bran, bulgar wheat, durum wheat.
Wheat pasta, noodles.
Meat or fish in breadcrumbs/batters. Burgers, sausages, pates, meat pies, pizza. Textured wheat protein.
Any dairy products which have added flavourings, fibre, sauces, suet.
Any fruit or vegetables in batter, breadcrumbs, flours, flavourings.

I have diabetes – will this affect my blood glucose control?

If you continue to use the same gluten free products as before but not on prescription, your blood glucose control should be unaffected. However, if you change your diet in any way, this may affect your blood glucose control. If you are struggling to find suitable gluten free options to maintain good blood glucose control you should seek advice from the healthcare professional that helps you manage your diabetes. There is more information about managing coeliac disease and diabetes on the NHS choices website: www.nhs.uk

A gluten free diet is a healthy and balanced diet if you...

- eat a variety of different foods
- have a portion of starchy carbohydrate foods as part of each meal. Suitable options are rice, potatoes, corn meal (polenta)
- include high fibre options where possible
- aim for at least five portions of fruit and vegetables each day
- only occasionally eat small quantities of foods high in fat and sugar
- eat less salt by adding less to cooking and at the table. Use herbs and spices to add flavour to food

Where can I get more information about following a gluten free diet?

You can find more information about living with coeliac disease on the NHS Choices website: <http://www.nhs.uk/Conditions/Coeliac-disease>

Coeliac UK publish a wide range of information and advice on their website www.coeliac.org.uk