

Commissioning Statement for **THE PRESCRIBING OF GLUTEN FREE FOODS**

Publication Date: July 2023

Prescribing of Gluten Free Foods on FP10 prescriptions within Norfolk and Waveney ICS is recommended as

BLACK : NOT COMMISSIONED. NO NHS PRESCRIBING IN NORFOLK AND WAVENEY ICS

Background

Norfolk and Waveney ICB do not support the routine prescribing of/supply of Gluten free foods. This restriction does not apply to gluten free enteral feeds or oral nutritional supplements (sip feeds) within Norfolk and Waveney ICS.

Prescribing/supply of gluten-free foods at NHS expense has been assessed as a Low Clinical Priority by Norfolk and Waveney ICB and will not be funded unless there are exceptional clinical circumstances.

Gluten-free foods are widely available to purchase e.g. from supermarkets, community pharmacies or via on-line retailers. Coeliac UK (www.coeliac.org.uk) produces a food and drink directory which is available free to members and for £10 when sold.

Following the Eatwell Plate model for balanced eating will provide a gluten-free diet without need for any specialist dietary foods, simply by choosing naturally GF carbohydrate containing foods (rice, potatoes, polenta, quinoa, soya etc) as part of a healthy balanced diet.

This position is supported by NHS England as part of conditions for which over the counter items should not routinely be prescribed in primary care.

Recommendations

- Prescribers in primary care should not initiate gluten free food preparations for any new patient.
- Prescribers in primary care should deprescribe gluten free food preparations for patients in this category
- Patients can be signposted to purchase gluten free food products which are readily available from supermarkets, and online retailers.

Details of locally agreed formulary emollients can be found in [Netformulary](#)

Patient Considerations for those with exceptional circumstances

Applications for funding in clinically exceptional circumstances can be made to the Exceptional Case Team but should only be made where the patient demonstrates true clinical exceptionality.

For further information on applying for funding in exceptional clinical circumstances can be obtained by emailing nwicb.icd@nhs.net

Prescribing information

Providers commissioned to provide services on behalf of Norfolk and Waveney ICB are reminded that they are required to follow the local joint formulary and prescribing guidance, as detailed in the medicines management service specification of their contract.

Monitoring of Prescribing

Data on the use of these treatments will be supplied monthly as part of your data pack. If you have any queries, please email nwicb.medsqueries@nhs.net with 'service restriction policy' in the subject line.

References

*Adapted from Mid & South East Essex document

Title	Commissioning Statement for Gluten Free Food Prescribing in Norfolk and Waveney ICS
Description of policy	<i>To inform healthcare professionals</i>
Scope	<i>Norfolk and Waveney Integrated Care System</i>
Prepared by	Norfolk and Waveney ICB Medicines Optimisation Team
Impact Assessment (Equalities and Environmental)	<i>Please indicate impact assessment outcome: Positive impact Adverse impact - low - action plan completed as per guidance Adverse impact - medium - action plan completed as per guidance Adverse impact - high - action plan completed as per guidance No impact No policy will be approved without a completed equality impact assessment</i>
Other relevant approved documents	Items which should not routinely be prescribed in primary care: Guidance for CCGs, June 2019 https://www.england.nhs.uk/wp-content/uploads/2019/08/items-which-should-not-routinely-be-prescribed-in-primary-care-v2.1.pdf
Evidence base / Legislation	Level of Evidence: A. <i>based on national research-based evidence and is considered best evidence</i> B. mix of national and local consensus C. <i>based on local good practice and consensus in the absence of national research based information.</i>
Dissemination	Is there any reason why any part of this document should not be available on the public web site? <input type="checkbox"/> Yes / No <input checked="" type="checkbox"/>
Approved by	<i>Norfolk & Waveney Therapeutics Advisory Group (TAG) (Date)</i>
Authorised by	<i>Norfolk & Waveney Drug Integrated Care Board on behalf of the ICS (Date)</i>
Review date and by whom	Medicines Optimisation Team
Date of issue	Oct 2023

Version Number	Author	Purpose / Change	Date
0.1	MO Team	To support prescribing in primary care	Oct 2023