

Commissioning Policy

Gluten Free Prescribing

Interventions Not Normally Funded (INNF)

Date adopted: 10/06/2025

Version: v2

Authorisation and document control

Name of policy:	Gluten Free Prescribing
Job title of author:	Lead Prescribing Support Dietitian
Name of sign off group:	Commissioning Policy Review Group

Equality and Engagement Impact Assessment	
Date Equality and Engagement Impact Assessment was completed:	08/05/2025

Consultation	
Name of group	Date considered
Daniel Clarke, Lead Prescribing Support Dietitian, NHS Gloucestershire. Adele Jones – Medicines Optimisations Project Manager	May 2025

Authorisation	
Name of group	Date approved
Effective Clinical Commissioning Policy Group	22/09/2022
Commissioning Policy Review Group	10/06/2025
System Quality Committee	

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Review date	June 2028
To be reviewed by (job title)	Commissioning Manager – Medicines Management Team

Version control				
Version number	Date	Summary of changes	Author/Editor	Approved by
1	22/09/2022			ECCP
2	10/06/2025	Reformatting of policy to new template. Review date of June 2028 agreed. No changes to the policy.	Lead Prescribing Support Dietitian.	ECCP

1.0 Background

Requests for gluten free prescribing may be considered where:

- There are exceptional circumstances.
- **AND**
- All other advice and support have failed, including advice around where gluten free products can be sourced for a reasonable price e.g., supermarkets, advice around food sources that are naturally gluten free and advice around Coeliac UK membership/resources (the national coeliac disease charity).
- Meeting the above criteria does not guarantee funding approval.

Note: Financial reasons alone are not considered exceptional.

Note: Even in exceptional circumstances only gluten free bread and gluten free bread mix should be issued on prescription. Items like cakes, biscuits, pizza bases etc are considered luxury items that the patient should be expected to purchase themselves.

Since 2016 gluten free products have not been available on prescription in Gloucestershire.

If your doctor believes that you have exceptional circumstances that could be improved through prescribing gluten free products then the Gloucestershire Integrated Care Board may consider supporting an application, however any requests for gluten free prescribing will be considered on a case-by-case basis and you will need to demonstrate why your case is exceptional.

Even in exceptional circumstances only gluten free bread and bread mixes will be available on prescription.

2.0 Policy statement

Policy category	Policy details
INNF	<ul style="list-style-type: none"> • Since 30 November 2016, gluten-free products have not been available on NHS prescription in Gloucestershire. • NHS Gloucestershire continues to advise patients affected to follow a gluten-free diet. Many foods are naturally free from gluten such as rice, potatoes, corn, meat (unprocessed), fish, fruit and vegetables. • Gluten-free alternative products, such as breads and pasta, are now widely available to buy, with improved choice and quality. • The total cost to the NHS of gluten-free pasta or bread on prescription is much more expensive than the price of a similar gluten-free product in local shops due to prescription logistics and supply issues.

	<ul style="list-style-type: none"> Any prescriptions made in exceptional circumstances should be restricted to bread loaves and flour/bread mixes only. NHS Gloucestershire will continue to monitor adherence to this. The prescribing of any other gluten-free items such as bread rolls, baguettes, pizza bases, wraps, cakes, biscuits, crackers and breakfast cereals is not approved by NHS Gloucestershire. <p>Access to shops is rarely an issue as patients will be visiting shops (or having deliveries) for other shopping, where either gluten-free products or foods naturally free in gluten will be available to buy. The Coeliac UK website provides information to help patients with this.</p>
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3.0 Patients who are not eligible for treatment under this policy

Patients who are not eligible for treatment under this policy may be considered on an individual basis where their GP or consultant believes exceptional circumstances exist that warrant deviation from the rule of this policy.

Individual cases will be reviewed at the ICB's Individual Funding Request Panel upon receipt of a completed application form from the patient's GP, Consultant or Clinician. Applications cannot be considered from patients personally.

4.0 Connected policies

None

5.0 References

<https://www.nhs.uk/conditions/coeliac-disease/>

<https://www.coeliac.org.uk/information-and-support/coeliac-disease/about-coeliac-disease/>

<https://www.nice.org.uk/guidance/qs134>