

Information for GPs on Gluten Free Prescribing

In October 2012 Oxfordshire CCG introduced a policy to restrict the prescribing of gluten free products for people with coeliac disease to bread and flour only. This was done after an extensive public engagement exercise taking account of the views of the public and local clinicians.

A year on OCCG has reviewed the policy and following feedback from patients and clinicians has agreed to amend the policy retaining the units to bread/rolls and flour (including bread mixes) only but changing the number of units available to 8 units a month for all. This makes it easier to prescribe and administer and increases the number of units for the very young and elderly.

The policy was implemented from December 2013 via e mail to all GPs.

Please find below some information that maybe useful:

Pack Sizes of G/F Flour and their Costs

Gluten Free Flour (500g = 2 units)	Pack sizes	Cost of pack size	Cost per 500g
Heron organic G/F bread mix	12x500g	£99.60	£8.30
Heron organic hi fibre-bread mix	12x500g	£99.60	£8.30
Heron organic G/F W/F hi fibre-bread mix	12x500g	£99.60	£8.30
Glutafin select fibre bread mix	19x500g	£65.30	£6.53
Glutafin Select bread mix	10x500g	£65.30	£6.53
Barkat bread mix	500g	£6.31	£6.31
Finax fibre bread mix	3X1000g	£29.77	£4.96
Tritamyl brown bread mix	1kg	£6.60	£3.30
Tritamyl white bread mix	2kg	£13.20	£3.30
Orgran plain flour	500g	£3.10	£3.10
Orgran S/F flour	500g	£3.10	£3.10
Proceli white flour	1kg	£9.95	£4.98
Wellfoods G/F plain flour alternative	1kg	£7.65	£3.83
Innovative Soln Pure G/F W/F brown Rice Flour	2kg	£5.85	£1.46
Innovative Soln Pure G/F W/F brown Teff Flour	1kg	£4.41	£2.20
Innovative Soln Pure G/F W/F Potato Flour	1.5kg	£4.49	£1.50
Innovative Soln Pure G/F W/F Tapioca Flour	500g	£2.75	£2.75
Innovative Soln Pure G/F W/F white rice flour	500g	£1.56	£1.56

Pack Sizes of Bread and their Costs

Bread (1 x 400 g loaf =1 unit)	Pack Sizes	Cost of one loaf £
Allergycare		
high fibre bread	1	2.82
white bread	1	2.82
Barkat		
bread multigrain	1	5.31
bread wholemeal sliced	1	3.69
bread home fresh par baked county loaf	1	4.05
bread home fresh par baked white sliced	1	5.36
brown rice bread	1	5.36
EnerG		
6 flour loaf	1	3.69
flax loaf	1	2.25
gluten-free high fibre white loaf	1	2.15
gluten-free loaf	1	2.76
Seattle brown loaf	1	5.05
tapioca bread	1	4.39
white rice bread	1	4.39
gluten/wheat/yeast free yeast free rice loaf	1	4.39
Genius		
bloomer	4	3.48
sandwich bread brown sliced/white sliced	6	2.59
sliced loaf white/brown	8	3.77
unsliced loaf brown/white	8	2.49
Glutafin		
fibre loaf sliced	6	3.77
white loaf sliced	6	3.77
Glutafin select		
seeded loaf sliced	8	3.65
fibre loaf sliced	8	3.36
fresh white loaf sliced	8	3.43
white loaf sliced	8	3.36
fresh loaf brown cut	8	3.43
Bread Roll Wte P/Bke	6	2.71
Glutafin Select_G/F Fibre Roll Brown	6	2.71
Juvela		
Fresh sliced loaf fibre	8	3.3
Fresh sliced loaf white	8	3.39
loaf fibre unsliced/sliced	6	3.45

loaf white unsliced/white sliced	6	3.44
part baked loaf fibre	6	3.7
part baked loaf white	6	3.69
Juvela_G/F Bread Roll Wte	6	4.64
Juvela_G/F Bread Roll Wte P/Bke	6	3.70
Juvela_G/F Fibre Bread Roll	6	4.64
Juvela_G/F Fresh Fibre Roll	8	4.30
Juvela_G/F Fresh Roll Wte	8	4.30
Lifestyle		
brown bread sliced/unsliced	8	2.82
high fibre bread sliced/unsliced	8	2.82
sliced bread white/brown	8	2.82
white bread sliced/unsliced	8	2.82
Lifestyle_G/F Bread Roll Brown	8	2.82
Lifestyle_G/F Bread Roll Wte	8	2.82
Lifestyle_G/F H/Fbre Bread Roll	8	2.82
Livwell		
sliced bread seeded loaf	6	3.3
sliced bread white	12	2.25
uncut loaf ciabatta	12	2.75
uncut loaf part baked loaf	9	2.25
uncut loaf white	10	1.75
Proceli		
sandwich bread classic	1	3.32
Warburton		
white sliced loaf	1	2.99
brown sliced loaf	1	2.99
Warburtons_G/F Bread Roll Brown	1	2.49
Warburtons_G/F Bread Roll Wte	1	2.49
Ultra		
white bread sliced	1	2.46
H/Fibre bread brown uncut/cuut	1	3.35
Ultra_G/F Baguette	1	2.28

fresh bread/roll

Brown Bread

Lifestyle H/Fbre brown bread is the cheapest brown bread (£22.56 for 8).

Juvela G/F loaf fibre is the most commonly prescribed and is mid-range price wise (£20.69 for 6).

White bread

Juvela p/bake is the cheapest white loaf prescribed (£15.19 for 6).

Juvela fresh white is the most commonly prescribed (£26.28 for 8) and is the most expensive white bread.

Glutafin fresh loaf is about £1.50 cheaper for 8 than Juvela fresh

Rolls

Juvela bread roll white is the most commonly prescribed and is the most expensive roll (£27.84 for 6).

Glutafin select roll white part bake is the cheapest (£16.26 for 6).

So What? Please consider the following when prescribing gluten free products:

Glutafin select fresh white loaf is a cheap fresh white loaf.

Juvela fresh loaf fibre is the cheapest fresh brown loaf.

Glutafin select roll white part bake is the cheapest roll

Orgran, Innovative and Proceli offer cheap G/F flours

Plus

Remember to review coeliac patients annually and encourage patients to seek regular advice from a dietician.

Further information about coeliac disease can be found at www.coeliac.org.uk

The updated policy 42c can be found:

www.oxfordshireccg.nhs.uk/wp-content/uploads/2013/03/Gluten-free-foods-POLICY-UPDATE-Dec-2013.pdf