

Gluten Free Prescriptions-Information for patients

Following a confirmed diagnosis of Coeliac Disease or Dermatitis Herpetiformis, patients in Dumfries & Galloway are entitled to receive gluten free food 'staples' on prescription to help comply with the recommended gluten free diet.

Your monthly prescription allowance for these products is based on your calorie requirements and is recorded in units, as outlined below, along with an example of how these units could be allocated:

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)

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	1½

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

Please note...

* Items highlighted in *italics* contain added calcium, a nutrient that is important for bone health.

● Some of the items contain Codex wheat starch, highlighted with a circle (●), an ingredient that is safe for people with coeliac disease.

Bread and rolls:

Item	PIP-code	Number of units
GENIUS		
Fresh Gluten-Free White Bread Unsliced (400g)	357-8333	1 (minimum order 8)
Fresh Gluten-Free White Bread Sliced (400g)	370-0432	1 (minimum order 8)
Fresh Gluten-Free Brown Bread Unsliced (400g)	357-8325	1 (minimum order 8)
Fresh Gluten-Free Brown Bread Sliced (400g)	370-0440	1 (minimum order 8)
Gluten free Brown Sliced Sandwich Bread (535g)	379-8550	1 (minimum order 6)
Gluten free white Sliced Sandwich Bread (535g)	379-8568)	1 (minimum order 6)
GLUTAFIN (Gluten & wheat free)		
2 Baguettes (350g)	224-0117	1
<i>Fibre Loaf Sliced (400g)*</i>	237-7356	1
<i>White Loaf Sliced (400g)*</i>	090-4268	1
4 Fibre Rolls (200g)	344-3652	½
4 White Rolls (200g)	344-3645	½
GLUTAFIN GLUTEN FREE SELECT		
<i>Fibre Loaf Sliced (400g)*</i>	054-6101 ●	1
<i>Fresh Brown Loaf (400g)*</i>	330-6800 ●	1 (minimum order 8)
<i>Fresh White Loaf (400g)*</i>	290-6840 ●	1 (minimum order 8)
<i>White Loaf Sliced (400g)*</i>	054-6093 ●	1
<i>Seeded Loaf Sliced (400g)*</i>	308-9364 ●	1
2 Part-Baked Long White Rolls (150g)	344-3637 ●	½
4 Part-Baked White Rolls (200g)	344-2753 ●	½
JUVELA		
<i>Fibre Loaf Sliced (400g)*</i>	074-8632 ●	1
<i>Fibre Loaf Unsliced (400g)*</i>	010-1675 ●	1
<i>Fresh Fibre Sliced Loaf (400g)*</i>	339-9789 ●	1 (minimum order 8)

Fresh White Loaf Sliced (400g)*	322-0217 ●	1 (minimum order 8)
White Loaf Sliced (400g)*	074-8590 ●	1
White Loaf Unsliced (400g)*	031-4781 ●	1
Part-baked Fibre Loaf (400g)*	273-6890 ●	1
Part-baked White Loaf (400g)*	273-6882 ●	1
5 Fibre Rolls (425g)*	080-3668 ●	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
5 White Rolls (400g)*	010-5916 ●	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
LIFESTYLE		
Brown Bread Sliced (400g)	087-6557 ●	1 (minimum order 8)
Brown Bread Unsliced (400g)	087-6698 ●	1 (minimum order 8)
High Fibre Bread Unsliced (400g)	213-2959 ●	1 (minimum order 8)
High Fibre Bread Sliced (400g)	229-4254 ●	1 (minimum order 8)
White Bread Sliced (400g)	087-6490 ●	1 (minimum order 8)
White Bread Unsliced (400g)	087-6516 ●	1 (minimum order 8)
5 High Fibre Rolls (400g)	224-0125 ●	1 (minimum order 8)
5 Brown Rolls (400g)	264-1322 ●	1 (minimum order 8)
5 White Rolls (400g)	087-6706 ●	1 (minimum order 8)
WARBURTONS		
White Fresh Sliced Bread (400g)*	368-5260	1 (minimum order 4)
Brown Fresh Sliced Bread (400g)*	368-5278	1 (minimum order 4)
4 Brown Fresh Rolls (220g) 3	368-5294	½ (minimum order 4)
White Fresh Rolls (220g) 3	368-5286	½ (minimum order 4)

Home baking:

GLUTAFIN (Gluten & Wheat free)		
Bread mix (500g)*	298-8418	2

<i>Fibre bread mix (500g)*</i>	298-8426	2
<i>Multipurpose fibre mix (500g)*</i>	231-2973	2
<i>Multipurpose white mix (500g)*</i>	231-2981	2
GLUTAFIN GLUTEN FREE SELECT		
<i>Bread mix (500g)*</i>	274-4951 ●	2
<i>Fibre bread mix (500g)*</i>	297-9912 ●	2
<i>Multipurpose fibre mix (500g)*</i>	004-5591 ●	2
<i>Multipurpose white mix (500g)*</i>	004-5187 ●	2
JUVELA		
<i>Fibre Mix (500g)*</i>	023-6042 ●	2
<i>Harvest White Mix (500g)*</i>	247-7875	2
<i>Plain Mix (500g)*</i>	035-2161 ●	2

Crackers & crispbreads:

GLUTAFIN		
Crackers (200g)	009-3302	1
Crispbread (150g)	338-4443	¾
High Fibre Crackers (200g)	018-7641	1
Mini Crackers (175g)	353-5515	1
JUVELA		
Crispbread 200g	236-6136	1

Pizza bases:

GLUTAFIN (gluten & wheat free)		
2 Pizza Bases (300g)	334-1112	1
JUVELA		
2 Pizza Bases (2 x 180g)	265-4390 ●	1

Baking aids:

ENER-G		
Xanthan Gum (170g)	272-4318	N/A
PURE/INNOVATIVE SOLUTIONS		
Pure Xanthan Gum (100g)	282-8572	N/A

Pasta:

GLUTAFIN (Gluten & wheat free)		
Pasta Shells (Conchiglie) (500g)	250-0676	2
Pasta Spirals (Fusilli) (500g)	211-5178	2
Penne (500g)	211-5152	2

Spaghetti (500g)	211-5160	2
Gluten Free Fibre Fusilli 500g	386-2646	2
JUELA		
Fibre Penne (500g)	332-8010	2
Fusilli (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
Fibre Linguine (500g)	332-8002	2

Cereals:

GLUTAFIN (Gluten & wheat free)		
Cornflakes (375g)	381-3748	1½
JUELA		
Fibre Flakes (300g)	371-1660	1½
Flakes (300g)	371-1652	1½
Cornflakes (375g)	388-2990	1½
Crispy Rice (375g)	388-2982	1½
Pure Oats (500g)	371-1678	1½
NAIRN'S		
Pure oats (500g)	368-7332	1½

'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.

Gluten free food scheme:

The 'Gluten free food scheme for Scotland' allows anyone with coeliac disease or dermatitis herpetiformis to register with their community pharmacist to allow ordering of your gluten free prescription directly through your local pharmacy instead of the GP surgery. For more information and to check whether you are eligible, please visit the NHS Dumfries & Galloway patient website:

http://www.nhsdg.scot.nhs.uk/Departments_and_Services/Pharmacy/The_Scottish_Gluten-free_Food_Service. Please speak to your pharmacist, dietitian or GP if you have any queries about your gluten free prescription.