

## Gluten Free Prescriptions-Information for patients

Following a confirmed diagnosis of Coeliac Disease or Dermatitis Herpetiformis, people in Dumfries & Galloway are entitled to receive gluten free food 'staples' on prescription to help you follow a 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.

Remember there are also many naturally gluten free foods available in local shops or supermarkets, visit [www.coeliac.org.uk](http://www.coeliac.org.uk) or speak with your Dietitian for more information.

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 <sup>rd</sup> 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 <sup>1</sup>	1½

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

Please note...

\*Some products are fortified with vitamins and minerals, please ask your dietitian or pharmacist for more information

- 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
<b>GENIUS</b>		
Genius Gluten Free Soft Brown Sandwich Bread (535g)	379-8550	1 (minimum order 6)
Genius Gluten Free Soft White Sandwich Bread (535g)	379-8568	1 (minimum order 6)
Genius Seeded Brown Farmhouse (535g)	403-8345	1 (minimum order 6)
<b>GLUTAFIN (Gluten &amp; wheat free)</b>		
4 white rolls (200g)	344-3645	0.5
High fibre loaf sliced (350g)-addition	401-4296	1
Fibre Loaf Sliced (400g)	237-7356	1
White Loaf Sliced (400g)	090-4268	1
4 Part-baked Fibre Rolls (200g)	344-3652	0.5
4 Part-baked White Rolls (200g)	344-2753	0.5
2 Part-baked Long White Rolls (150g)	344-3637	0.5
2 Part-Baked Baguettes (350g)	224-0117	1
<b>GLUTAFIN GLUTEN FREE SELECT (fortified with calcium)</b>		
Fresh Seeded Loaf Sliced (400g)	402-3685	1 (minimum order 8)
Fresh Brown Loaf Sliced (400g)	330-6800	1 (minimum order 8)
Fresh White Loaf Sliced (400g)	290-6840	1 (minimum order 8)
Longer life White Loaf Sliced (400g)	054-6093	1
Long life Seeded Loaf Sliced (400g)	308-9364	1
Long life Fibre Loaf Sliced (400g)	054-6101	1
<b>JUVELA</b>		
Longer life Fibre Loaf Sliced (400g)	074-8632 ●	1
Longer life Fibre Loaf Unsliced (400g)	010-1675 ●	1
Fresh Fibre Sliced Loaf (400g)	339-9789 ●	1 (minimum order 8)
Fresh White Loaf Sliced (400g)	322-0217 ●	1 (minimum order 8)
Longer life White Loaf Sliced (400g)	074-8590 ●	1
Longer life White Loaf Unsliced (400g)	031-4781 ●	1

Part-baked Fibre Loaf (400g)	273-6890 ●	1
Part-baked White Loaf (400g)	273-6882 ●	1
Longer life 5 Fibre Rolls (425g)	080-3668 ●	1
Longer life 5 White Rolls (400g)	010-5916 ●	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
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
<b>LIFESTYLE</b>		
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)
<b>WARBURTONS</b>		
Fresh sliced white loaf (400g)	368-5260	1 (minimum order 4)
Fresh sliced brown loaf (400g)	368-5278	1 (minimum order 4)
3 Fresh brown rolls (220g)	368-5294	0.5 (minimum order 4)
3 Fresh white rolls (220g)	368-5286	0.5 (minimum order 4)
2 White baguettes (160g)	381-3805	0.5 (minimum order 4)
4 White thin rolls (232g)	391-4496	0.5 (minimum order 4)
4 Seeded thin rolls (232g)	402-3511	0.5 (minimum order 4)

### **Home baking:**

<b>GLUTAFIN (Gluten &amp; Wheat free)</b>		
Bread mix (500g)	298-8418	2

Updated 2018, Review date January 2019.

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

### **Crackers & crispbreads:**

<b>GLUTAFIN</b>		
Crackers (200g)	009-3302	1
Crispbread (150g)	338-4443	1
Mini Crackers (175g)	353-5515	1
<b>JUVELA</b>		
Crispbread 200g	236-6136	1
<b>WARBURTONS</b>		
Bran crackers 150g	378-4865	1

### **Pizza bases:**

<b>GLUTAFIN (gluten &amp; wheat free)</b>		
2 Pizza Bases (300g)	334-1112	1
<b>JUVELA</b>		
2 Pizza Bases (2 x 180g)	265-4390 ●	1

### **Baking aids:**

<b>ENER-G</b>		
Xanthan Gum (170g)	272-4318	1
<b>PURE/INNOVATIVE SOLUTIONS</b>		
Pure Xanthan Gum (100g)	282-8572	1

### **Pasta:**

<b>GLUTAFIN (Gluten &amp; wheat free)</b>		
Pasta Shells (500g)	250-0676	2
Fusilli (Spirals) (500g)	211-5178	2
Penne (500g)	211-5152	2

Spaghetti (500g)	211-5160	2
Gluten Free Fibre Fusilli 500g	386-2646	2
<b>JUVELA</b>		
Fibre Penne (500g)	332-8010	2
Fusilli (Spirals) (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:**

<b>GLUTAFIN (Gluten &amp; wheat free)</b>		
Fibre flakes (300g)	401-4288	1.5
Cornflakes (375g)	381-3748	1.5
<b>JUVELA</b>		
Fibre Flakes (300g)	371-1660	1.5
Flakes (300g)	371-1652	1.5
Cornflakes (375g)	388-2990	1.5
Crispy Rice (375g)	388-2982	1.5
Pure Oats (500g)	371-1678	1.5
<b>NAIRN'S</b>		
Pure oats (500g)	368-7332	1.5

'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 service:**

The 'Gluten free food service for Scotland' allows individuals with coeliac disease or dermatitis herpetiformis to register with their community pharmacist to order gluten free food directly from the pharmacy. 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](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.