



# FOXHILL MEDICAL CENTRE

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## Gluten Free Prescribing

South Yorkshire Integrated Care Board (ICB) (The people who make decisions about the NHS in South Yorkshire) have approved prescribing **gluten free bread** and **bread mixes** for people with proven Coeliac disease or Dermatitis Herpetiformis (a skin condition).

Gluten free products such as biscuits, cake mixes, cereals, cooking aids, pizza bases and pasta **cannot** be prescribed on the NHS.

### Gluten free brands

For us to be able to provide a prescription we need to know the brand and item you want.

The taste of gluten free products varies a lot between brands. Please only order brands that you know you like. e.g ones you are currently buying or have tried samples of (these can be ordered from the manufacturers). There is a list of manufacturers on page 4.

### Products available

Coeliac UK is a good source of information about Coeliac disease (<https://www.coeliac.org.uk>) and they have produced a list of the products available on prescription -which can be found on pages 5-7.

### Quantity of gluten free products available on prescription

The maximum number of "units" you are allowed per month varies and is set by the ICB (we cannot increase this amount).

Child under 10	8
Child 11-18	12
Female 19 and over	8
Last 3 months of pregnancy	+1
Breast feeding	+4
Male 19 and over	12

Different products count as different numbers of items.

400g loaf of bread	1 item
100 – 250g rolls / baguettes	0.5 item
251 – 400g rolls / baguettes	1 item
500g bread mix / flour mix / mixes	2 items

### Prescription charges

If you pay for your prescriptions there will be a prescription charge for each different type of product. Buying a pre-payment certificate (PPC), which covers the cost of all items on prescriptions (including medications), could save you money. You can ask at any chemist or look on the NHSBSA website for more information. However, you may find that it is cheaper to continue buying your gluten free products from a supermarket than having them on prescription.

### More information

If you need more [information](#), please can you arrange a telephone appointment with one of our pharmacy team.

### Ordering a prescription

If you would like to request a prescription, please can you jot down what you would like on a piece of paper with your **full name, address, and date of birth** on. We need to know the **brand, the item** and the **number of items** you would like. Please ensure you do not request more than the ICB allow us to prescribe. We will then add these items to your repeat prescription.

As we are contacting everyone who is eligible there may be a delay in issuing the prescription. Please bear with us and allow us at least 14 days to action your request.

## Gluten-Free Products – Manufacturers

<p><b>Community Foods</b> Tel: 020 8208 2966 Email: <a href="mailto:enquiries@communityfoods.co.uk">enquiries@communityfoods.co.uk</a> <a href="http://www.communityfoods.co.uk">www.communityfoods.co.uk</a> Brands – Orgran</p> <p><b>Drossa UK Ltd</b> Tel: 020 3393 0859 Email: <a href="mailto:orders@drossa.co.uk">orders@drossa.co.uk</a> <a href="http://www.drossa.ltd.uk">www.drossa.ltd.uk</a> [<i>pharmacists must register first</i>] Fax 02089060475 Brands – Bialimenta, Finax</p> <p><b>Dr Schar</b> Tel: 0800 988 2470 Email: <a href="mailto:glutenfree@glutafin.co.uk">glutenfree@glutafin.co.uk</a> <a href="http://www.glutafin.co.uk">www.glutafin.co.uk</a> Brands- Glutafin</p> <p><b>General Dietary Ltd</b> Tel: 0203 044 2933 Email: <a href="mailto:info@generaldietary.com">info@generaldietary.com</a> <a href="http://www.generaldietary.com">www.generaldietary.com</a> Brands – Ener-G</p> <p><b>Genius Gluten Free</b> Tel: 0845 874 4000 <a href="http://www.geniusglutenfree.com">www.geniusglutenfree.com</a> Brands – Genius</p> <p><b>GFF Direct</b> Tel: 01757 289200 Email: <a href="mailto:info@glutenfreefoodsdirect.co.uk">info@glutenfreefoodsdirect.co.uk</a> <a href="http://www.gffdirect.co.uk">www.gffdirect.co.uk</a> Brands – Pasticely, Il Pane di Anna</p> <p><b>Glebe Farm</b> Tel: 01487 773282 Email: <a href="mailto:office@glebe-flour.co.uk">office@glebe-flour.co.uk</a> <a href="http://www.glebe-flour.co.uk">www.glebe-flour.co.uk</a> Brands – Glebe Farm</p> <p><b>Gluten Free Foods Ltd</b> Tel: 020 8953 4444 Email: <a href="mailto:info@glutenfree-foods.co.uk">info@glutenfree-foods.co.uk</a> <a href="http://www.glutenfree-foods.co.uk">www.glutenfree-foods.co.uk</a> Brands – Barkat</p> <p><b>Heron Quality Foods Ltd</b> Tel: +353 (0) 23 39006 / +353 (0) 23 39960 Email: <a href="mailto:heronfoods@eircom.net">heronfoods@eircom.net</a> <a href="http://www.glutenfreedirect.com">www.glutenfreedirect.com</a> Brands – Heron Foods</p>	<p><b>Innovative Solutions UK Ltd</b> Tel: 01706 746713 / 01706 341700 Email: <a href="mailto:info@innovative-solutions.org.uk">info@innovative-solutions.org.uk</a> <a href="http://www.innovative-solutions.org.uk">www.innovative-solutions.org.uk</a> Brands – Innovative Solutions Pure</p> <p><b>Juvela</b> Tel: 0800 783 1992 Email: <a href="mailto:info@juvela.co.uk">info@juvela.co.uk</a> <a href="http://www.juvela.co.uk">www.juvela.co.uk</a> Brands – Juvela</p> <p><b>Lifestyle Healthcare Ltd/Ultrapharm Ltd</b> Tel: 0845 270 1400 Email: <a href="mailto:sales@gfdiet.com">sales@gfdiet.com</a> <a href="http://www.gfdiet.com">www.gfdiet.com</a> Brands – Bi-Aglut, Lifestyle</p> <p><b>Livwell</b> Tel: 0845 874 4000 Email: <a href="mailto:info@livwell.eu">info@livwell.eu</a> <a href="http://www.livwell.eu">www.livwell.eu</a> Brands – Livwell</p> <p><b>MH Foods</b> Tel: 01322 337711 Email: <a href="mailto:info@mh-foods.co.uk">info@mh-foods.co.uk</a> <a href="http://www.mh-foods.co.uk">www.mh-foods.co.uk</a> Brands – Life Free From</p> <p><b>PGR Health Foods Ltd</b> Tel: 01992 581715 Email: <a href="mailto:info@pgrhealthfoods.co.uk">info@pgrhealthfoods.co.uk</a> <a href="http://www.pgrhealthfoods.co.uk">www.pgrhealthfoods.co.uk</a> Brands – Rizopia</p> <p>Procelli Email: <a href="mailto:info@procelli.co.uk">info@procelli.co.uk</a> <a href="http://www.procelli.com/eng">www.procelli.com/eng</a> Brands – Procelli</p> <p><b>Tobia Teff</b> Tel: 0207 0181210 Email: <a href="mailto:info@tobiateff.co.uk">info@tobiateff.co.uk</a> <a href="http://www.tobiateff.co.uk">www.tobiateff.co.uk</a> Brands – Tobia Teff</p> <p>Warburtons Tel: 01204 531004 <a href="http://www.glutenandwheatfree.co.uk">www.glutenandwheatfree.co.uk</a> Brands- Warburtons</p> <p><b>Wellfoods Ltd</b> Tel: 01226 381712 Email: <a href="mailto:janet@wellfoods.co.uk">janet@wellfoods.co.uk</a> <a href="http://www.bake-it.com">www.bake-it.com</a> Brands – Wellfoods</p>
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## Prescribable products list May 2022

This is the list of products that are available on prescription in Wales, Scotland and Northern Ireland.

In England, from December 2018 gluten free bread loaves, rolls and flour mixes are the only foods available on prescription. In addition, local clinical commissioning groups (CCGs) in England can introduce further restrictions. To find out the policy in your area, visit our website

([www.coeliac.org.uk/prescribingmap](http://www.coeliac.org.uk/prescribingmap)), ring our helpline or speak with your GP.

Products marked with an asterisk \* are available in Northern Ireland, Scotland and Wales but are not available on prescription in England.

Some of the products contain gluten free (Codex) wheat starch, a specially produced ingredient which is gluten free and therefore safe for people with coeliac disease. We highlight products with gluten free (Codex) wheat starch with a blue triangle ▲ and products containing oats with a †. We highlight products using our Crossed Grain symbol with a ☒

### BREAD

#### BARKAT

- Par Baked Baguette 200g (PIP Code 339-4970)
- Par Baked White Sliced Loaf 300g (PIP Code 339-4996)
- Wholemeal Sliced Bread 500g (PIP Code 339-4889)

#### GENIUS

##### Gluten free

- Fresh Sandwich Bread Brown 6 x 535g (PIP Code 379-8550) ☒
- Fresh Sandwich Bread White reticent 535g (PIP Code 379-8568) ☒
- Fresh Seeded Farmhouse reticent 535g (PIP Code 403-8345) ☒

#### GLUTAFIN

##### Gluten free

- Fibre Loaf Sliced 300g (PIP Code 237-7356)

- Part-Baked Baguettes 2 x 350g (PIP Code 224-0117)
- White Loaf Sliced 300g (PIP Code 090-4268)
- High Fibre Loaf Sliced 350g (PIP Code 401 – 4296)

##### Gluten free Select

- Fibre Loaf Sliced 400g (PIP Code 054-6101)
- Fresh Brown Loaf Sliced 8 x 400g (PIP Code 330-6800)
- Fresh Seeded Loaf Sliced 8 x 400g (PIP Code 402-3685)
- Fresh White Loaf Sliced 8 x 400g (PIP Code 290-6840)
- Seeded Loaf Sliced 400g (PIP Code 308-9364)
- White Loaf Sliced 400g (PIP Code 054-6093)

##### JUST: GLUTEN FREE BAKERY

- Good White Bread 380g (PIP Code 845-3821) ☒
- White Sandwich Bread 600g (PIP Code 345-3813) ☒

#### JUVELA

##### Gluten free

- Fibre Loaf Sliced 400g (PIP Code 074-8632) ▲ ☒
- Fibre Loaf Unsliced 400g (PIP Code 010-1675) ▲ ☒
- Fibre Part Baked Loaf 400g (PIP Code 273-6890) ▲ ☒
- Fresh Fibre Loaf 8 x 400g (PIP Code 339-9789) ▲ ☒
- Fresh White Bread 8 x 400g (PIP Code 322-0217) ▲ ☒
- White Loaf Sliced 400g (PIP Code 074-8590) ▲ ☒

- White Loaf Unsliced 400g (PIP Code 031-4781) ▲ ☒
- White Part Baked Loaf 400g (PIP Code 273-6882) ▲ ☒



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**PROCELI**

Vienes Baguettes 2 x 125g  
(PIP Code 328-2803)

**WARBURTONS GLUTEN FREE (PHARMACY)**

**Gluten, Wheat & Milk Free**

Sliced Brown Loaf 4 x 400g

(PIP Code 368-5278) ☒

Sliced White Loaf 4 x 400g

(PIP Code 368-5260) ☒

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**ROLLS**

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**BARKAT**

2 Par Baked Rolls 200g

(PIP Code 339-4988)

**GLUTAFIN**

**Gluten free**

4 Part-Baked Fibre Rolls 200g

(PIP Code 344-3652)

2 Part-Baked Long White Rolls 150g

(PIP Code 344-3637)

4 Part-Baked White Rolls 200g

(PIP Code 344-2753)

4 White Rolls 200g

(PIP Code 344-3645)

**JUST: GLUTEN FREE BAKERY**

**Just: Gluten Free**

Good White Rolls 260g

(PIP Code 845 - 3839) ☒

**JUVELA**

**Gluten free**

5 Fresh Fibre Rolls 8 x 425g

(PIP Code 355-6800) ▲ ☒

5 Fresh White Rolls 8 x 425g

(PIP Code 355-8871) ▲ ☒

Fibre Part Baked Rolls 5 x 75g

(PIP Code 262-9020) ▲ ☒

Fibre Rolls 5 x 85g

(PIP Code 080-3668) ▲ ☒

White Part Baked Rolls 5 x 75g

(PIP Code 243-7267) ▲ ☒

White Rolls 5 x 85g

(PIP Code 010-5916) ▲ ☒

**WARBURTONS GLUTEN FREE (PHARMACY)**

**Gluten, Wheat & Milk Free**

3 Brown Rolls 4 x 220g ☒

(PIP Code 368-5294)

3 White Rolls 4 x 220g

(PIP Code 368-5286) ☒

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**HOME BAKING**

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**BARKAT**

Bread Mix 500g

(PIP Code 051-5338)

Flour Mix 500g

(PIP Code 399 - 2377)

GF/WF High Fibre Bread Mix 500g

(PIP Code 299 - 6445)

**FINAX**

Coarse Flour Mix 3 x 900g

(PIP Code 364-1024) ▲

Fibre Bread Mix 3 x 1kg

(PIP Code 359-4942) ▲

Flour Mix 3 x 900g

(PIP Code 364-1032) ▲

**GLUTAFIN**

**Gluten free**

Bread Mix 500g

(PIP Code 298-8418)

Fibre Bread Mix 500g

(PIP Code 298-8426)

Fibre Mix 500g

(PIP Code 231-2973)

Multipurpose White Mix 500g

(PIP Code 231-2981)

**Gluten free Select**

Bread Mix 500g

(PIP Code 274-4951) ▲

Fibre Bread Mix 500g

(PIP Code 297-9912) ▲

Multipurpose Fibre Mix 500g

(PIP Code 004-5591) ▲

Multipurpose White Mix 500g

(PIP Code 004-5187) ▲



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#### GLUTENEX

Gluten Free White Bread Mix 500g  
(PIP Code 395-1456)

#### INNOVATIVE SOLUTIONS

##### Pure Gluten Free

- \* Brown Rice Flour 500g  
(PIP Code 325-7912)
- \* Brown Teff Flour 1kg  
(PIP Code 343-1467)
- Gluten-Free Bakery Blend 1kg  
(PIP Code 282-8580)
- \* Potato Starch 500g  
(PIP Code 325-7920)
- \* Tapioca Starch 500g  
(PIP Code 325-7946)
- \* White Rice Flour 500g  
(PIP Code 325-7904)
- \* White Teff Flour 1kg  
(PIP Code 343-1483)

#### JUVELA

##### Gluten free

Fibre Mix 500g  
(PIP Code 023-6042) ▲ ⊗

White Mix 500g  
(PIP Code 035-2161) ▲ ⊗

Harvest White Mix 500g  
(PIP Code 247-7875) ⊗

#### MUM'S MILL

Quick Bread Mix 3 x 1kg  
(PIP Code 399-0116)

#### PROCELI

Basic Mix 1kg  
(PIP Code 328-4577)

#### TOBIA TEFF

Brown Teff Bread Mix 1kg  
(PIP Code 346-6729)  
White Teff Bread Mix 1kg  
(PIP Code 346-6711)

#### TRITAMYL

Brown Bread Mix 1kg  
(PIP Code 228-0659)  
Flour Mix 2kg  
(PIP Code 228-0675)  
White Bread Mix 2kg  
(PIP Code 228-0667)