

Position Statement on Gluten Free foods in Nottingham and Nottinghamshire**Nottingham and Nottinghamshire Clinical Commissioning Group (CCG) does not support the supply of Gluten Free products on prescription****Recommendations**

There should be no prescribing of Gluten Free products in the area and this continues.

A detailed report on this subject was supported by the counsellors at the Health Scrutiny Committee in March 2020. We will continue to recommend no prescribing of GF products as well as ensuring good referral pathways for patients once they are diagnosed. Stakeholders have recognised that stopping prescribing of GF products has occurred alongside effective communication, opportunities for education and pathways to support for patients with Coeliac Disease. This includes the opportunity for annual review with the GP and group education when diagnosis occurs, which has better outcome for patients given that there is no evidence that providing GF products assures that the patient will follow a totally GF diet.

Education is most important to achieve behaviour change, so therefore at the forefront is the need for education, so patients understand the contents of their food. As 'free from' ranges continue to increase and expand in supermarket outlets, costs are reducing and choice is increasing, therefore patients are making informed choices as awareness of food and its link to health outcomes rises.

If your patient has been diagnosed with coeliac disease then it's important they talk to a doctor about what this means. This allows referral for advice on what you can and can't eat. Information is provided to help learn more about how best to manage the diet with more information available on NHS Choices website and the Coeliac UK website www.nhs.uk/conditions/coeliac-disease and <https://www.coeliac.org.uk/home/>

Gluten Free Living – Advice for patients

Source: NHS Choices June 2019. Further information available from Coeliac UK

Coeliac disease is usually treated by simply excluding foods that contain gluten from your diet. This prevents damage to the lining of your intestines (gut) and the associated symptoms, such as diarrhoea and stomach pain. If you have coeliac disease, you must give up all sources of gluten for life. Your symptoms will return if you eat foods containing gluten, and it will cause long-term damage to your health.

This may sound daunting, but your GP practice can give you help and advice about further support and ways to manage your diet. Your symptoms should improve considerably within weeks of starting a gluten-free diet. However, it may take up to two years for your digestive system to heal completely.

Your GP will offer you an annual review during which your height and weight will be measured and your symptoms reviewed. They'll also ask you about your diet and assess whether you need any further help or specialist nutritional advice.

Information to learn more about how to manage your diet is available on NHS Choices and the Coeliac UK website www.nhs.uk/conditions/coeliac-disease and <https://www.coeliac.org.uk/home/>