



Prescribing of Gluten Free Bread and Four Mixes in Primary Care

NHS South Yorkshire (SY) ICB Position Statement - Prescribing of Gluten Free Bread and Flour Mixes in South Yorkshire.

SYICB does not recommend the routine prescribing of gluten free food products for use in coeliac disease, confirmed gluten-sensitive enteropathies and dermatitis herpetiformis or other gluten intolerances in South Yorkshire.

SY IMOC Traffic Light Status: GREY (gluten free products should not be prescribed in South Yorkshire unless exceptional circumstances apply).

Background

Following a 12-week engagement process, the SY Integrated Care Board took the decision on the 3rd December 2025 to decommission the routine prescribing of gluten free bread and flour mixes for patients in primary care (except for the most at risk of clinical harm by not adhering to a gluten free diet).

The ICB has a responsibility to balance the needs of all our communities and ensure that we are delivering the best possible value for money within the resources available.

New Patients

Newly diagnosed patients of any age should not be prescribed gluten free food products by default.

Existing Patients

All existing patients receiving gluten free food products on prescription should be informed that prescribing of gluten free foods is no longer available in primary care.

Exceptions to the position statement

Exceptionality from this position statement exists for those patients most at risk of clinical harm by not adhering to a gluten free diet.

Prescribers have clinical discretion to act in an individual patient's best interest where exceptional clinical circumstances exist, and they are sufficiently convinced that there is a genuine risk of clinical harm if they do not prescribe gluten free bread or flour mixes. Any such decisions should be recorded clearly in the patient's clinical record.

Examples include, but are not limited to:

- Patients diagnosed with refractory coeliac disease (RCD)
- Patients lacking capacity (Dementia or learning disabilities) to aid in managing adherence of a gluten-free diet.

Note: Financial reasons alone are not considered exceptional.

As gluten free bread and flour mixes form only part of a gluten free diet, it is important to advise patients to maintain a healthy, balanced gluten free diet to ensure adequate intake of vitamins and minerals.

Further information is available on the South Yorkshire ICB Medicines Optimisation website here:

<https://mot.southyorkshire.icb.nhs.uk/search?locations=south-yorkshire&q=gluten+free>