



**Glutafin**

GLUTEN FREE

# GETTING STARTED WITH GLUTAFIN ON PRESCRIPTION

A quick and easy guide to  
help you start ordering

# WELCOME TO GLUTAFIN



## GLUTEN FREE FOODS ON PRESCRIPTION

Now that you've been diagnosed with coeliac disease, you're entitled to an allocation of gluten free foods on prescription each month to help you maintain a balanced diet. The amount you can order depends on your age, gender, and the NHS policies in your local area.

In this booklet, we explain how to order Glutafin foods on prescription and how to make the most of your monthly entitlement.

- **What am I entitled to?**
- **How do I set up a prescription?**
- **How much will it cost?**
- **How do I change my prescription?**

## WHAT AM I ENTITLED TO?

Gluten free food on prescription is measured in units. Now that you've been diagnosed, you have a certain number of units for your monthly allowance.

You can mix and match the foods you enjoy, up to the total amount of units in your allowance. Most people choose a variety of items including pastas, breads and rolls, cereals, flour mixes and savoury biscuits.

### How many units am I allowed?

Coeliac UK guidelines suggest the approximate amount of gluten free food (classified in units) needed for a person with coeliac disease to maintain a balanced diet for one month. This is based on advice from healthcare professionals as well as input from patient organisations and patients themselves. You should discuss the amount you are allowed with a qualified healthcare professional. Amounts vary by local area.

Age and sex	Number of units
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 years	18
male 60-74 years	16
male 75+ years	14
female 19-74 years	14
female 75+ years	12
breastfeeding	add 4
3 <sup>rd</sup> trimester pregnancy	add 1

### How many units is each food worth?

Each prescribable gluten free food is worth a certain number of units.

For example, 400g bread = 1 unit  
and 500g pasta = 2 units.

This table shows the number of units each food item represents.

Food item	Number of units
400g bread	1
100-250g rolls / baguettes	½
251-400g rolls / baguettes	1
500g bread mix / flour mix	2
100g savoury biscuits /crackers	1
200g savoury biscuits /crackers / crispbreads	1
250g pasta	1
500g pasta	2
2 x 110g-180g pizza bases	1
500g oats	1 ½
300g breakfast cereal	1 ½
100-170g xanthan gum	1

Source: Gluten-free foods: a revised prescribing guide 2011. Coeliac UK, Sept 2011.

## HOW DO I SET UP A PRESCRIPTION?

The process for setting up a gluten free prescription varies depending on where in the United Kingdom you live, so it is important to check with your GP to see who will be responsible for this. In some areas of the country your prescription will be set up and managed by your GP, and in others your pharmacist will be responsible for the management of your prescription.

## How often should I get a prescription?

Most people get repeat prescriptions every month, but you can do what's easiest for you. Talk about your needs with your GP and if you need to change the frequency, don't be afraid to ask.

## How do repeat prescriptions work?

Repeat prescriptions let you re-order the same items without seeing your GP. Some surgeries need 48 hours to issue a repeat prescription, so you should check your surgery's procedures. Once your Pharmacist has your prescription, your foods will usually be ready for pick up in a few days.

## How long will it take to receive my prescription?

Once you have completed your prescription with your GP or pharmacist it will normally take around 48 hours from when your pharmacist receives it, to the order being ready for collection. Please note that some items, like fresh bread, will only be delivered on certain days, Wednesdays and Fridays in England.

Some pharmacies also offer additional services such as free home delivery which may make managing your prescription easier. Your pharmacist should also be able to accommodate changes to your prescription should you need to.

TOP TIP

Your Glutafin Taster box includes a Gluten free foods request form. This lets you specify which gluten free products you want to add to your prescription.\*



\*Image for illustrative purposes only.

## HOW MUCH WILL IT COST?

Depending on where you live in the country and what you are ordering on prescription, the costs will vary.

### Who qualifies for free prescriptions?

All prescriptions are free to residents of Northern Ireland, Scotland and Wales. In England, if you're over 60, under 18, on income support or pregnant, you qualify for free prescriptions too.

### What is the most cost effective way to order a prescription?

The single prescription charge in England is £8.40 (April 2016). Each different category of gluten free food counts as one prescription charge (e.g. if you wanted bread and flour mix they would be two separate prescription charges). Therefore, we would recommend that if you are taking a regular gluten free prescription, you should opt for a prepaid prescription. A prepaid prescription covers the cost of all of your gluten free items for £2 per week.

### How to get a prepaid prescription

- Ask your Pharmacist for an **FP95 form**
- Call the NHS on **0845 850 0030**
- Go to **[www.nhsbsa.nhs.uk/1127.aspx](http://www.nhsbsa.nhs.uk/1127.aspx)** and select Prepayment Certificates

## One-off prescription or prepaid prescription?



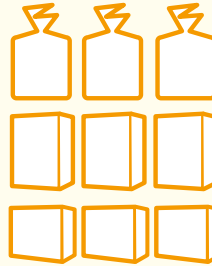
= **1X PRESCRIPTION CHARGE**

One food = one prescription charge.



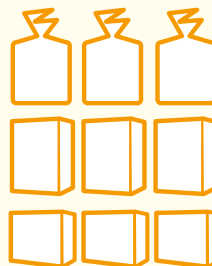
= **1X PRESCRIPTION CHARGE**

Multiples of same food = one prescription charge.



= **3X PRESCRIPTION CHARGE**

Multiples of different foods = one prescription charge per food. For instance three different types of food = three prescription charges.



= **£2 PER WEEK**

With a Prepaid Prescription, all your foods on prescription = £2 per week.

## HOW DO I CHANGE MY GLUTEN FREE FOODS PRESCRIPTION?

If you would like to change the products you receive on prescription you may need to make an appointment with your GP or speak to someone at your GPs surgery to arrange which products you would like to switch for the new products.

In some areas products are able to be switched by your pharmacy, without the need to visit your GP. We suggest you consult your pharmacist to understand the easiest way for you to change your prescription.



Image for illustrative purposes only.

The tables below demonstrate an example prescription order based on Coeliac UK national guidelines. However please be aware that depending on your area's prescribing policy a example order may look different than what is represented below.

To give you a taste of the wide variety of Glutafin foods available, here are some examples of a well-balanced prescription order.

### Example adult's prescription – 14 units\*

<p><b>8x loaves of Fresh Bread</b> 8 units</p>		<p><b>2x pack of Rolls</b> 1 unit</p>		<p><b>1x 500g pack of Pasta</b> 2 units</p>	
<p><b>1x 500g box of Flour Mix</b> 2 units</p>		<p><b>1x pack of Pizza Base</b> 1 unit</p>		<p>*Based on allowance for a female, aged 19-74.</p>	

### Example child's prescription – 15 units\*\*

<p><b>4x loaves of Long Life Bread</b> 4 units</p>		<p><b>1x 250g pack of Pasta</b> 2 unit</p>		<p><b>3x packs of Rolls</b> 1½ units</p>	
<p><b>1x 500g box of Flour Mix</b> 2 units</p>		<p><b>2x packs of Crackers</b> 2 units</p>		<p><b>1x 500g pack of Pasta</b> 2 units</p>	
<p><b>1x box Cornflakes</b> 1½ units</p>		<p>** Based on allowance for a child, aged 11-14.</p>			

# Glutafin

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## WE'RE HERE TO HELP

Every day the Glutafin Careline handles calls, emails and online requests from people all over the country. If you have a question about Glutafin or gluten free living, whether it's cooking tips, recipe ideas or information on our products, just get in touch. Our dedicated team of gluten free experts will be happy to help.



### Call us freephone

0800 988 2470\*

\*UK freephone only. As an alternative rate number for use from a mobile call us on 01925 865100.



### Chat to us online

[www.glutafin.co.uk](http://www.glutafin.co.uk)



### Write to us

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