

**Aintree Site**

Lower Lane, L9 7AL Tel: 0151-525-5980

**Royal Site**

Prescot Street, L7 8XP

**Broadgreen Site**

Thomas Drive, L14 3LB

**Royal & Broadgreen Tel: 0151-706-2000**

## Coeliac Disease - Gluten Free Food on Prescription and Prescription Charges

### What gluten free food can I get on prescription?

If you have a confirmed diagnosis of Coeliac disease, you may receive staple gluten free foods on prescription. Usually only foods with ACBS approval are available on prescription.

Your GP will usually write you a prescription that you can then take to your pharmacy in the usual way. Some pharmacies operate a pharmacy led prescribing system, which allows your pharmacist to prescribe gluten free food for you, without you needing to go to your GP.

Check with your local pharmacy about this. It might be worthwhile having your favourite foods added to a repeat prescription if this is available.

There are numerous foods available on prescription and we recommend that you try as many as possible to find out those that you prefer. Many of the companies that provide gluten free food will be happy to send you some samples to allow you to 'try before you buy'.

### How much gluten free food can I get on prescription?

It is up to your GP to decide on the amount of gluten free food that you may have on prescription, though there are national recommendations available to suggest a number of units per month that you may be prescribed. This is shown in the table below:

Age and Gender	Number of Units per month
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	Plus 4 units
3 <sup>rd</sup> trimester pregnancy	Plus 1 unit

## What does a 'unit' mean?

The table below shows what is meant by a unit of gluten free food. You can be flexible on how you use these units. You should discuss this with your GP.

Food Item	Number of Units
400g bread/rolls/ baguettes	1
500g mix	2
200g biscuits/crackers	1
250g pasta	1
500g oats	1 ½
300g breakfast cereal	1 ½
2 x 110 – 180g pizza bases	1

## Prescription Charges and Pre-Payment Certificates

Although people with Coeliac disease and those with Dermatitis Herpatiformis are not classified as chronically sick people who are entitled to free NHS prescriptions, many patients will be exempt from prescription charges on account of their age or low income. For those who have to pay for their prescriptions, we strongly recommend they purchase a Prescription Pre-payment Certificate (PPC), popularly known as the 'Season Ticket'. People who have to pay for more than 3 prescription items in 3 months, or 14 items in 12 months, could save money by buying a PPC.

The 'Season Ticket' is bought in advance, to cover all prescription charges (not just gluten-free items) for either 3 months or 12 months. Individual prescriptions cost **£7.85** per item. However, 'Season Tickets' cost **£29.10** for 3 months. This means if you have 4 items in 3 months it has paid for itself. The other option is **£104** for 12 months. This means that once 15 items have been dispensed an annual ticket has paid for itself.

### You can apply for a PPC in the following ways:-

- Online by visiting [www.ppa.org.uk/ppc](http://www.ppa.org.uk/ppc). You can choose to pay:-
  - using a debit or credit card, or
  - by 10 monthly direct debit instalments for a 12 month PPC
- By post using Form FP95 available from your local pharmacy (address is on the form). You can choose to pay:-
  - using a cheque, postal order, debit or credit card, or
  - by 10 monthly direct debit instalments for a 12 month PPC
- By calling 0845 850 0030. You can choose to pay:-
  - using a cheque, postal order, debit or credit card, or
  - by 10 monthly direct debit instalments for a 12 month PPC
- At a pharmacy registered to sell PPC's. Visit [www.ppa.org.uk/ppc](http://www.ppa.org.uk/ppc) for a list of registered pharmacies. If you buy a PPC from a registered pharmacy you cannot pay for it using the direct debit instalment option

Anyone over 16 may be eligible for free prescriptions on grounds of low income.

## Where Can I Find More Information?

This information only gives a brief summary of how to obtain free or reduced cost prescriptions and is for guidance only. It does not cover all situations nor is it a full statement of the law. The official information booklet HC11 '*Help with health costs*' provides more details for people on a low income. Your local Jobcentre Plus office, NHS hospital, pharmacist, doctor, dentist or optician may have leaflet HC11 and relevant claim forms. The leaflet HC11 is also available on the internet. Go to the Department of Health's website - [www.dh.gov.uk](http://www.dh.gov.uk) - and search for HC11.

## Who can I contact for more support?

### Aintree University Hospital Dietitians:

0151 529 3473

### Coeliac UK:

Coeliac UK is a charity set up to support patients with Coeliac Disease.



It is recommended that all patients consider joining Coeliac UK to receive regular updates and access to all website information, as well as the gluten free Food and Drink Directory. You will also receive a quarterly magazine 'Crossed Grain'.

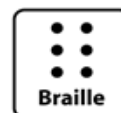
### Coeliac UK contacts:

Tel: 08704448804

Email: [helpline@coeliac.co.uk](mailto:helpline@coeliac.co.uk)

Web: [www.coeliac.org.uk](http://www.coeliac.org.uk)

There is also a local Liverpool group that offers support, cookery demonstrations, lunches and social events. They meet on the third Saturday of the month. Please ask your Dietitian for more information or contact: [liverpool@coeliac.org.uk](mailto:liverpool@coeliac.org.uk)



### If you require a special edition of this leaflet

This leaflet is available in large print, Braille, on audio tape or disk and in other languages on request. Please contact:

**Tel No: 0151 529 2906**

**Email: [interpretationandtranslation@liverpoolft.nhs.uk](mailto:interpretationandtranslation@liverpoolft.nhs.uk)**