

Questions and Answers

Can I order more than once a month? This needs to be discussed with your pharmacist. The total number of eligible units per month should not be exceeded.

Can anyone register for the service? Only those who have a diagnosis of coeliac disease or dermatitis herpatiformis are eligible.

Are fresh products available? Yes, a selection of products are included in the NHS Orkney list. You need to work with your pharmacy to arrange the most efficient delivery schedule.

Are biscuits and cake allowed? A small selection of plain biscuits are included in the list.

How often will the list be reviewed? It will be reviewed at least annually and suggestions from patients should be given to your pharmacist.

Pharmacy Department

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Gluten-Free Food Service



The way gluten free foods are supplied to patients eligible to receive them on prescription is changing. From February 2014 patients may register with a pharmacy of their choice to order foods direct from the pharmacy without requiring a prescription from their GP. In order to sign up for the service you must get a Patient Registration Form from your GP. This form should be taken to the pharmacy where the pharmacist will help you to understand how the system will work.



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What can I order? NHS

Orkney made a list of gluten free foods which you can order in Orkney. This list can be supplied by the pharmacy or it can be viewed/downloaded from the NHS Orkney website. This list includes a variety of bread, rolls, flour, cereals and pasta.

How often can I order? Orders should be placed once per month at the pharmacy. It may be possible to do this by email but your pharmacist can advise you.

How much can I order? Coeliac UK has set up national recommendations for the number of gluten-free units patients can order each month.

Monthly Gluten Free Food Prescription Requirements	
Age	Number of units per month
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 units
3 rd Trimester pregnancy	Add 1 unit
High physical activity level	Add 4 units

Food item	Number of units
400g loaf/bread	1
100-250g rolls/baguettes	0.5
250-400g rolls/baguettes	1
500g bread mix/flour mix	2
200g crackers/crispbreads	1
250g pasta	1
2x110-180g pizza bases	1
500g oats	1.5
300g breakfast cereal	1.5
100-170g xanthan gum	1