

Annual health check (adults only)

If you are an adult with coeliac disease and decide to use this new service, you will be invited for an annual coeliac disease health check by your pharmacist to help monitor your condition.

Scottish Gluten-free Food Service Information Pack

NHS Scotland has produced a pack containing more information about this service. This is available to download through the **NHS inform** website -

<https://www.nhsinform.scot/publications/gluten-free-food-service-patient-information-pack>

Questions about the service

Your pharmacist will always be happy to answer questions about your condition and this service.

You can also call the **NHS inform helpline** on **0800 22 44 88** with any questions.

More information

- Coeliac Disease - <https://www.nhsinform.scot/illnesses-and-conditions/stomach-liver-and-gastrointestinal-tract/coeliac-disease>
- Dermatitis Herpetiformis - <https://www.nhsinform.scot/illnesses-and-conditions/skin-hair-and-nails/dermatitis-herpetiformis>
- Coeliac UK – www.coeliac.org.uk



Scottish Gluten-free Food Service

Patient Information Leaflet

This pack gives you information on accessing gluten-free food in Scotland.

If you are diagnosed as needing gluten-free food as part of your **coeliac disease** and/or **dermatitis herpetiformis** care, you can access your prescription through the **Scottish Gluten-free Food Service**.

What is the Scottish Gluten-free Food Service?

The Scottish Gluten-free Food Service is an NHS service that allows you to manage your gluten-free food prescription through your community pharmacy.

What are the benefits of the service?

- **Convenience** - you visit your local pharmacy to order gluten-free food and have an annual health check
- **Control** - you will manage the amount and type of foods you order each month to an agreed amount
- **Choice** - you will have a list of foods to choose from
- **Monitoring** - adults using the service will be expected to have an annual health check with their pharmacist to monitor their condition

Who can use this service?

To use this service, you must:

- have a confirmed diagnosis of coeliac disease and/or dermatitis herpetiformis
- live in Scotland
- be registered with a Scottish GP practice
- not live in a care home. Patients in care homes access gluten-free foods through their GP.

How to register

Before you register, your GP or dietitian will inform you that you can start to use this service and let you know how many units you are entitled to each month. Your GP or dietitian will also give you a '**Patient Registration Form**', to take to the pharmacist you wish to use for your prescriptions.

Your pharmacist will provide you with all the necessary information about the service to make it easy for you to use.

How to place an order

To place an order, you will choose products from a '**Gluten-free Food List**' up to your maximum unit amount and complete a '**Gluten-free Food Requirement Order Form**' before taking it your pharmacist. The pharmacist will let you know when your order is ready for collection. An online service is also being introduced.

A new order form must be completed and handed to your pharmacist each month. If you need help with any aspect of this process then please ask your pharmacist.