

Change to gluten-free prescriptions

From 1 April 2026, people aged 25 and over will no longer get NHS gluten-free bread or flour mix.

What does this mean for you?

- You will need to buy gluten-free bread or flour mix yourself from shops or online
- You should keep to a gluten-free diet

If you are aged 24 or under, you need to contact your GP to get an NHS prescription. You must have one to get your gluten-free bread/flour mix from your local pharmacy.



North Cumbria

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