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February 2026

Dear patient

Important change to your NHS gluten-free prescription

We are writing to you about the NHS gluten-free bread/flour mix prescription you get. When you are 25 years old, you will no longer get this prescription.

What is changing?

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

Why is this happening?

The NHS has limited money. We need to use it wisely to help as many people as possible. This means we have to make choices about what we can and can't pay for. We made this choice after doing a review of these prescriptions across the North East and North Cumbria.

Gluten-free foods are now:

- Easy to find in shops and online
- Clearly labelled
- Cheaper to buy in shops than through NHS prescriptions

What does this mean for me?

When you are 25 years old

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

What is not changing?

- You can still speak to your healthcare team for advice
- You will still get medical care and support for coeliac disease
- Prescriptions for other medicines are not affected

Thank you for taking the time to read this.

Yours sincerely

Dr Neil O'Brien

Chief Medical Officer,
NHS North East and North Cumbria Integrated Care Board