

# **Change to gluten-free prescriptions**

**From 1 April 2026, people aged 25 and over  
will no longer get NHS prescriptions for  
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 will continue to get your NHS prescription until you are 25.**

