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## Date

Dear Patient,

We are writing to let you know about an upcoming change to how gluten-free foods are provided on the NHS.

### **What is changing?**

From 1<sup>st</sup> June 2026, gluten-free foods will no longer be prescribed on the NHS for people with coeliac disease or dermatitis herpetiformis. Until this date, your current prescriptions will continue as normal.

This decision has been made by Coventry and Warwickshire Integrated Care Board (ICB), which plans and funds NHS services in our area. Like many NHS organisations, the ICB must make challenging decisions about how best to use the budget it has available. A number of other areas across the UK have also stopped providing gluten-free foods from prescription.

### **Why is this happening?**

When gluten-free prescriptions were first introduced, these foods were difficult to find and expensive. Today, gluten-free foods are widely available in supermarkets and online, and naturally gluten-free foods such as rice, potatoes, fruit, vegetables and meat remain affordable and accessible.

The NHS also pays more to prescribe gluten-free foods than it costs to buy them directly. Other special diets linked to allergies or intolerances are not routinely supported through NHS prescriptions.

### **What does this mean for you?**

Coeliac disease does not have a cure, but symptoms are managed by following a strict gluten-free diet. This change does not affect your diagnosis or your ongoing care. You will still be able to access advice, information and support to help you maintain a gluten-free diet.

### **Support and advice**

You can find information and support on the [ICB website](http://www.healthhappylives.uk) ([www.healthhappylives.uk](http://www.healthhappylives.uk)), including:

- Advice on maintaining a gluten-free diet
- Links to Coeliac UK
- Information about dietetic services



If you have very complex health problems or dietary requirements it may be possible to be referred to a dietician for more specialist dietary advice. However, the dietician will not be able to recommend gluten free foods on prescription.

If you would like to raise a concern or complaint about this decision, you can contact the ICB complaints team at: **[cwicb.complaints@nhs.net](mailto:cwicb.complaints@nhs.net)**. Please do not contact your GP practice regarding any concerns or complaints, this is an ICB decision and your GP practice has no control over this policy.

Thank you for taking the time to read this letter.

NHS Coventry and Warwickshire Integrated Care Board

