

GLUTEN IN MEDICINES. A PRESCRIPTION HELPING TOOL.

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Background and importance

The use of excipients containing gluten in medicines can be a problem for celiac patients, especially for those with chronic pathologies.

Current spanish legislation requires pharmaceutical laboratories to declare excipients containing gluten and those that may contain gluten.

Aim and objectives

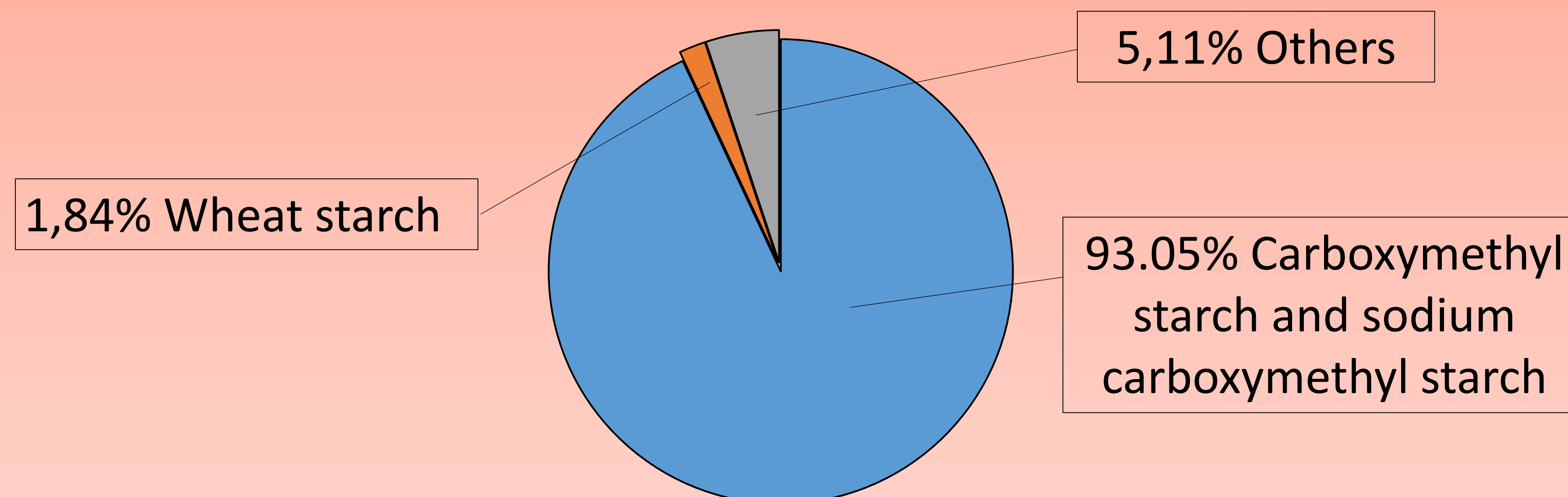
- To evaluate the presence of unsafe excipients in medicines and the quality of the information regarding gluten content.
- To create an application that facilitates prescription by professionals.

Material and methods

- A database in a table format was created to determine the percentage of pharmaceutical presentations with gluten.
- Data collected was: active ingredients, therapeutic group, type of excipient, and marketing status.
- An application was created to find out which presentations may contain these excipients and what alternatives are available on the market.

Results

- 41319 presentations were recorded → 19957 were commercialized.
- 8% included excipients that may contain gluten. Of these, 93.05% corresponded to carboxymethyl starch and sodium carboxymethyl starch, of which **it is difficult to know the source of the starch and its possible gluten content.**
- 1.836% contained wheat starch, which can have **variable amount of gluten.**



With this data, an application has been created in which it is possible to search by active ingredient or therapeutic group, providing specialties that contain excipients with gluten or its derivatives, as well as therapeutic alternatives suitable for celiac patients.

Conclusion and relevance

- Carboxymethyl starch and sodium carboxymethyl starch are the most used excipients that may contain gluten.
- There is a great difficulty in finding reliable information about their origin.
- This situation shows the need for tools that allow quick and easy access to data, guiding towards a safer prescription for celiac patients.

