Dear [GP / Sister of ward]

I am writing to ask [name of GP practice / hospital] to consider my request for an alternative to [standard issue medication] as it is not suitable for vegans, as it [contains gelatine / lactose].

Veganism is a way of living which seeks to exclude, as far as is possible and practicable, all forms of exploitation of, and cruelty to, animals for food, clothing or any other purpose. I live my life according to this moral philosophy. It is against my fundamental beliefs to consume things that contain animal ingredients.

My right to live according to my fundamental conviction that it is wrong to use and kill non-human animals is protected under human rights law and equality law. This means that the NHS has a responsibility under the Equality Act 2010 to avoid any discrimination on the grounds of veganism. The policy of providing medication which is not suitable for vegans indirectly discriminates against me.

As such, [name of GP / hospital] must consider my reasonable request for an alternative and provide that alternative unless it would be unduly disruptive for them to do so. I do not think it would be unduly disruptive in this case as I have looked into alternatives and have found [refer to alternative if possible – if not sure if there is an alternative ask them to confirm if there is an alternative which does not contain anything taken from an animal].

Moreover, as a public entity [name of GP / hospital] is bound by the Public Sector Equality Duty, which requires them to have due regard for the need to eliminate unlawful discrimination, advance equal opportunity and foster good relations, including by taking steps to meet the needs of people from protected groups.

I would be very happy to discuss this and provide any more information that you may require.

I look forward to hearing from you.

Yours sincerely

[your name]