

Confirm and explain the diagnosis and importance of the gluten free diet

- Coeliac disease is a lifelong autoimmune disease
- The only treatment is a strict gluten free diet
- Even tiny amounts of gluten can cause symptoms and ongoing gut damage
- A gluten free diet allows the gut to heal and reduces the risk of serious long term complications
- **Coeliac UK Member benefit** - Peer support available through the Member 2 Member scheme coeliac.org.uk/member2member

Consider additional patient factors

- Any other medical conditions
- Any additional dietary restrictions

Information on which types of food contain gluten and suitable alternatives

- Refer to Coeliac UK's gluten free checklist coeliac.org.uk/usefuldownloads
- **Coeliac UK member benefit** - Food and Drink Information, available in print and digital platforms which includes over 100,000 products with weekly updates

Explanations of food labelling

Signpost to Coeliac UK's Food labelling video coeliac.org.uk/foodlabellingvideo

Information sources about gluten free diets, recipe ideas and cookbooks

Coeliac UK member benefit - home of gluten free recipes. Including meal plans, recipe videos and over 1,000 recipes


Avoiding cross contamination in the home and minimising the risk of accidental gluten intake when eating out

- Wipe down surfaces
- A dishwasher or washing up with washing up liquid will remove gluten
- Use a separate toaster or toaster bags
- Use clean oil or a separate fryer for gluten free foods
- Use different butter and jams for gluten free, or use jam spoons to prevent contamination
- **Coeliac UK member benefit** –Your Gluten Free Life booklet

HCP members of Coeliac UK can access our presentation for newly diagnosed patients at www.coeliac.org.uk/usefuldownloads

Not a member? Join and gain access at www.coeliac.org.uk/joinusHCP

How to manage social situations, eating out and travelling away from home, including travel abroad

- Coeliac UK's GF logo tells you that the caterer is accredited by Coeliac UK and meets the requirements of the Gluten Free Standard 
- **Coeliac UK member benefit** - venue guide and gluten free on the move app lists over 7,000 venues across the UK
- **Coeliac UK member benefit** – access to over 50 country guides with translations to help when travelling on a gluten free diet

Check vaccination status

- Vaccination recommendations are based on the increased prevalence of hyposplenism in people with coeliac disease
- Pneumococcal vaccine and booster every 5 years
- Meningococcal A, C, W, Y vaccine for those born between 1995 and 2014
- Consider need for flu vaccine on individual basis
- See coeliac.org.uk/vaccinations

Consider mental health assessment

- People with coeliac disease may experience anxiety and depression
- Coeliac UK's helpline is available 9am-5pm Monday to Friday 0333 332 2033

Importance of screening first degree relatives

- First degree relatives (siblings, parents and children) of someone with coeliac disease should be tested for coeliac disease even if they are asymptomatic
- Share Coeliac UK's online assessment www.isitcoeliacdisease.org.uk

Nutritional considerations

- Provide personalised advice on supplements (e.g. vitamin D and calcium)
- Good sources of calcium and importance of diet and lifestyle for bone health
- Gluten free oats can be included from diagnosis and the response to oats will be monitored by healthcare team
- **Coeliac UK member benefit** – special diet recipe examples (e.g. high fibre) Home of Gluten Free Recipes

Local arrangements for annual review

- Explain the importance of review by the healthcare team if symptoms persist or worsen and how patients can access follow up
- **Coeliac UK member benefit** – resources to prepare for your annual review