

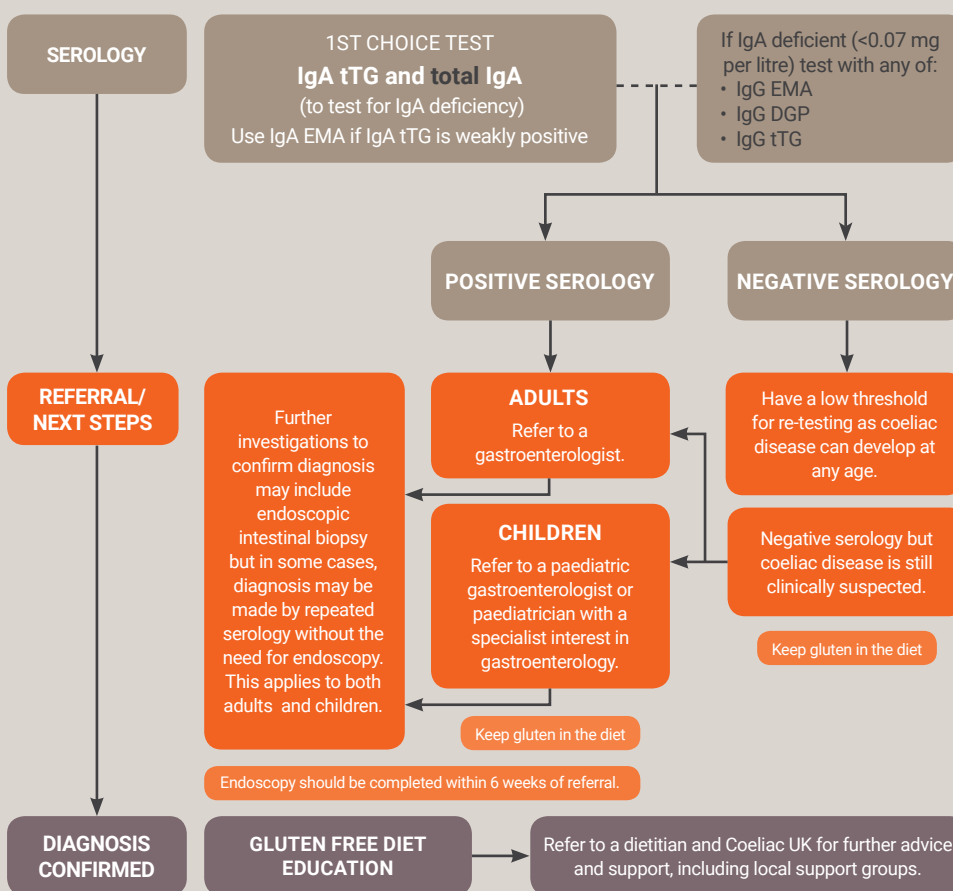
# DIAGNOSIS AND MANAGEMENT OF COELIAC DISEASE

Coeliac disease is a common autoimmune disease affecting **1 in 100** people in the UK. The only treatment is a strict, lifelong gluten free diet. Undiagnosed and untreated coeliac disease can lead to complications including osteoporosis, ulcerative jejunitis, functional hyposplenism and in rare cases, small bowel lymphoma.

## GLUTEN **MUST** BE KEPT IN THE DIET BEFORE TESTING AND THROUGHOUT

The tests for coeliac disease are only accurate if a gluten containing diet is eaten before and during the diagnostic process. **Some gluten should be included in more than one meal every day for at least six weeks before testing and until the diagnosis process has been completed.**

## DIAGNOSIS GP PROCESS



## INDICATORS FOR TESTING

### TEST RECOMMENDED

- Persistent unexplained abdominal/gastrointestinal symptoms
- Faltering growth
- Prolonged fatigue
- Unexpected weight loss
- Severe/persistent mouth ulcers
- Unexplained iron, vitamin B12 or folate deficiency
- Type 1 diabetes (at diagnosis)
- Autoimmune thyroid disease (at diagnosis)
- Irritable bowel syndrome
- First degree relatives of people with coeliac disease

### TEST TO BE CONSIDERED

- Metabolic bone disorder
- Unexplained neurological symptoms
- Unexplained subfertility or recurrent miscarriage
- Dental enamel defects
- Persistently raised liver enzymes with unknown cause
- Down's syndrome
- Turner syndrome

## MANAGEMENT

People with coeliac disease should be reviewed annually:

- Weight and height
- Symptoms
- Adherence to the gluten free diet
- The need for specialist dietetic advice

- Vaccination status for more information visit [coeliac.org.uk/vaccinations](http://coeliac.org.uk/vaccinations)
- The need for investigations such as DEXA scan, specific blood tests (screening for anaemia, associated autoimmune conditions, assessment of nutritional deficiencies) and referral to specialist

For more information, download our annual review checklist at [coeliac.org.uk/archecklist](http://coeliac.org.uk/archecklist)

The information in this summary is based on NICE Guidance and has been adapted for use by Coeliac UK.

For more information scan the QR code, or:

Email: [dietetics@coeliac.org.uk](mailto:dietetics@coeliac.org.uk)

Call our Helpline on 0333 332 2033 or visit [coeliac.org.uk/GP](http://coeliac.org.uk/GP)

