

FOLLOW UP CARE FOR PATIENTS WITH COELIAC DISEASE

Once patients are established on a gluten-free diet and are stable, follow-up should continue with your GP and dietitian. This will usually be once a year. This will involve:-

Appointment with GP to discuss:

- Your weight
- Any symptoms
- The risk of osteoporosis and whether you need a DEXA scan to measure this
- Your prescription of gluten free foods
- Vaccinations (patients with coeliac disease are thought to be more susceptible to some types of infection and should have a 'flu vaccination every year. Vaccination against Pneumococcus is also recommended)

Blood tests including

- Full blood count
- Liver function tests
- Calcium
- Haematinics
- Anti-TTG antibody or anti-endomysial antibody (if either of these was positive when the diagnosis was made)

Appointment with a dietitian to discuss:

- Your compliance with your gluten-free diet
- Any problems or questions you may have about the diet
- Any changes or updates in dietetic advice or the foods available
- Monitoring of your nutritional status
- Membership of Coeliac UK (<http://www.coeliac.org.uk/>)

When would I need to be seen again in the hospital?

The following symptoms might suggest you need further tests in hospital:

- Unintentional weight loss despite a strict gluten-free diet
- Diarrhoea (lasting more than 6 weeks)
- Blood in your stools
- Unexplained abdominal pain
- Abnormal blood tests

If you experience any of these you should contact your GP for review. Your GP may then refer you back to the hospital.