



WoSPGHaN



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Coeliac clinic referrals

Patient information

Introduction

Your doctor has asked the dietitian to review your child as they may have a condition called coeliac disease.

Coeliac disease is caused by a reaction to a protein called gluten. This is found in cereals including wheat, rye, barley and oats.

If your child has coeliac disease and eats food containing gluten it can damage their bowel, preventing them from absorbing nutrients. They may have symptoms such as diarrhoea, tiredness, poor weight gain or anaemia.

What happens at the clinic?

At your appointment we will take a brief medical history and weigh and measure your child to see how well they are growing. If you have a Parent Held Personal Child Health Record (red book), please bring this with you. We will also discuss your child's diet with you.

The nurses at clinic will take a blood sample from your child. This will tell us whether your child will need to come back to hospital for further investigations.

The nurses can use a special spray on your child's arm to make the blood test less painful. Ask for this before you go to get the blood test done.

What happens next?

We will discuss at the clinic whether your child will need further investigation, such as more blood tests, or whether they need to come back to the Day Surgery Unit for endoscopy and a biopsy. This procedure would be performed by the gastroenterology consultant.

If we find that your child has coeliac disease we will send you a further appointment to come back to the clinic and tell you about coeliac disease and a gluten-free diet.

If you do not stay in Glasgow, we will refer your child back to your local doctor and local dietitian to start your gluten-free diet and for follow-up.

If your child's blood test comes back negative, we will not need to do any further reviews at this clinic. We will write to you with the result and also tell the doctor who referred your child.

Dietitians

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This leaflet was developed by the gastroenterology dietitians and the WoSPGHaN MCN.

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