

Dietary Advice for the Management of Coeliac Disease Investigations

This information describes how to reintroduce gluten into your child's diet prior to further investigations relating to Coeliac Disease

Your child is required to introduce gluten into their diet under the recommendation of his/her consultant gastroenterologist to confirm the initial diagnosis of coeliac disease or where there may be an uncertainty whether coeliac disease remains the diagnosis as the child becomes older. Challenges are not completed routinely and only undertaken in individual cases. Timing of the gluten challenge is carefully considered and it is not advised in children under 5 years of age or during periods of rapid growth such as pubertal growth spurt.

In order to have enough gluten for an accurate test, it is recommended that your child consumes **10- 15g gluten per day** for at least **6 weeks before the test is done**. This roughly equates to 2-3 meals per day containing approximately 5g gluten per meal. During this time, your child can include any foods containing gluten in the diet. To get an idea of the quantity needed to be consumed, to reach 10-15g gluten per day, the following foods contain 2-3g of gluten.

Examples of portions of these gluten containing foods:

- 1 medium slice of bread
- 1 Weetabix or Shredded Wheat
- 2 rusks/digestive biscuits
- 4 tablespoons of cooked pasta

In infants and young children, it may be impossible to achieve intakes of 10 g gluten daily. Thus advice should be to provide two gluten containing meals per day, where gluten containing bread, pasta or breakfast cereal form the carbohydrate component of the meal. For example, half a Weetabix for breakfast and one slice of bread for lunch should be sufficient.

Note: using inadvertent gluten-containing foods alone, for example, gravy on a meal is insufficient.

Symptoms may appear during this challenge period, including constipation, diarrhoea, nausea, vomiting, sleep disturbances, irritability and behavioural changes. If symptoms become unmanageable, please do not stop the challenge immediately but get in contact with the paediatric team.

Further Information

We endeavor to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Matron, Senior Nurse or Manager on duty. If they cannot resolve your concern, please contact our Patient Experience Team on 01932 723553 or email asp-tr.patient.advice@nhs.net. If you remain concerned, the team can also advise upon how to make a formal complaint.

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Department: Therapies

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We can provide interpreters for a variety of languages, information in larger print or other formats (e.g. audio) - please call us on 01932 723553.



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Jeżeli chcemy, aby te informacje w innym języku, proszę zadzwonić 01932 723553

Se precisa de uma tradução por favor contacte: 01932 723553

Ashford Hospital London Road, Ashford, Middlesex, TW15 3AA Tel: **01784 884488**

St. Peter's Hospital Guildford Road, Chertsey, Surrey, KT16 0PZ Tel: **01932 872000**

Website: www.ashfordstpeters.nhs.uk