

Gluten Challenge for Diagnosis of Coeliac Disease

Your child is undergoing investigations for Coeliac Disease. This is a condition where the body is intolerant to the protein **gluten** which is found naturally in wheat, rye, and barley products.

The investigations for coeliac disease can take several weeks to complete and the results are only valid if your child is taking sufficient amounts of gluten in their diet. This can be difficult to manage if your child is currently unwell and has a poor appetite. However, to obtain an accurate result, **it is vital they continue to take a normal gluten containing diet.**



We recommend that your child takes a minimum of 10g of gluten daily which in practical terms equates to: two meals and one snack per day that contain a normal amount of gluten. For example, 1-2 slices of bread in a sandwich (depending on age) or a normal size bowl of wheat-based cereal. This should have been taken for at least 6 – 8 weeks (ideally 3 months) prior to the blood test.

If the blood test is positive or there is a strong clinical suspicion of coeliac disease, your child will then need a biopsy of their small bowel carried out during an endoscopy. They will need to continue on a gluten containing diet until the day of this test.

Common foods that contain gluten:

- Wheat-based breakfast cereals e.g. Weetabix, Cheerios, Shreddies, Honey Loops, Shredded Wheat
- Bread and bread products e.g. crumpets, muffins, croissants, breadsticks etc
- Foods coated in breadcrumbs e.g. fish fingers, chicken nuggets
- Pizza bases
- Rye bread/Ryvita
- Pasta
- Couscous
- Cakes
- Biscuits and crackers
- Pies and pastries



If you require support or advice during this period, please contact Jenny Livingstone, GI Dietitian on 0131 536 0302 or Dr Peter Gillett, Consultant Gastroenterologist on 0131 536 0615

