

Dietary Information During Investigations for Coeliac Disease

You are 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 may include a blood test and/or biopsy.

For an accurate result, it is vital that you **continue to take a normal, gluten containing, diet throughout the whole of your test period.**

We recommend that you take a minimum of two meals and one snack per day that contain a normal amount of gluten. For example, 2-3 slices of wheat bread for a sandwich or a normal size bowl of wheat-based cereal or a portion of wheat pasta This should continue for at least 4 – 6 weeks (ideally 3 months) prior to your blood test.

If the blood test is positive or there is a strong clinical suspicion of coeliac disease, you will then need a biopsy of the bowel and **you must continue to have gluten in your diet until you have the biopsy.**

Common foods that contain gluten:

- Wheat-based breakfast cereals e.g. Weetabix, Cheerios, Shreddies, Honey Loops, Shredded Wheat. Branflakes
- Bread and bread products e.g. crumpets, muffins, croissants, breadsticks, bagels, pitta bread
- Foods coated in breadcrumbs/batter e.g. battered or breaded fish or chicken
- Pizza bases
- Rye bread/Ryvita
- Pasta
- Couscous
- Cakes and scones
- Biscuits and crackers
- Pies and pastries

If you require support or advice during this period, please ask your GP or Consultant to refer you to a Dietitian.

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