



**The Leeds  
Teaching Hospitals**  
NHS Trust

# Coeliac disease annual review

Information for patients



Adult  
Therapies

## Dear Patient

As discussed at your recent telephone review, you have now been discharged from LTHT Dietetic coeliac disease annual review service.

Your care has now been transferred back to your GP. Please contact your GP if you experience any of your pre diagnosis symptoms, or other symptoms such as:

- **GI symptoms - change in bowel habit, bloating/ abdominal pain, reflux, nausea or vomiting**
- **Fatigue/ tiredness**
- **Unexplained weight changes**
- **Changes in diet that may cause difficulties to maintain a gluten free diet or if you would like further dietary advice.**

You may wish to speak to your GP about the monitoring of blood tests, such as **iron** or **folic acid**.

**Bone density** scanning is recommended at diagnosis for all adult patients, and a further scan should be arranged for women at the menopause and males at aged 55. If a scan is abnormal a further scan should be arranged every **three** to **five** years.

As advised in your annual review, the British Society of Gastroenterology (BSG), recommend that adults with coeliac disease receive a **pneumococcal vaccination** at diagnosis. This should be followed up with a booster every **five years**.

An **annual flu vaccine** is also advised for adults with coeliac disease. Please contact your GP to arrange as appropriate.

Individuals aged 16 and over with coeliac disease are recommended to receive a **COVID-19** vaccine, due to the risk of dysfunction of the spleen in coeliac disease.

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If you or your GP feel you require further dietetic input to manage your condition, a referral will be sent to the Leeds Community Dietitians, who can provide you with additional support.



## What did you think of your care?

Scan the QR code or visit [bit.ly/nhsleedsfft](https://bit.ly/nhsleedsfft)

*Your views matter*



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