

WHAT SHOULD MY CHILD EAT BEFORE THEIR COELIAC DISEASE TEST?

Your child is going to have a test for Coeliac Disease. This leaflet is to help make sure you give them enough gluten, before the test.

What is coeliac disease?

Coeliac disease is caused by a reaction to gluten that affects the digestive system. It can mean your child may not absorb all nutrients from food. Gluten is a protein found naturally in wheat, rye and barley.

Preparing for the test:

Your child needs to take gluten in their diet. This can be difficult if your child is unwell or has a poor appetite. It is important they continue to eat gluten; otherwise the test may not work.

We recommend that your child eats gluten in 2 to 3 meals a day. For example, a bowl of wheat based cereal at breakfast, a roll or 1-2 slices of bread at lunch and/ or a bowl of pasta at dinner. This should be eaten for at least 6 weeks before the blood test.

After the blood test:

If your child's test is positive they will need to have some more tests. Your GP will refer your child to the Coeliac Service. They should continue to eat gluten in their diet until these are carried out.

Common foods that contain gluten:

- Wheat-based breakfast cereals like Weetabix, Bran Flakes, Cheerios, Shreddies, Honey Loops, Shredded Wheat
- Bread, rolls and bread products like scones, crumpets, muffins, croissants, breadsticks, naan bread, pitta bread, brioche
- Foods coated in breadcrumbs or batter like breaded fish, fish fingers, chicken nuggets, chicken kiev, potato croquettes
- Pizza bases and flatbread pizzas
- Rye bread/Ryvita
- Pasta, wheat noodles and pasta dishes like macaroni cheese, spaghetti with sauce, lasagne
- Couscous, bulgur wheat, cracked wheat, semolina

More information can be found online @ Coeliac UK: <https://www.coeliac.org.uk/is-it-coeliac-disease/>