



Guidance on annual reviews of people requiring a gluten-free diet

An annual review is recommended for people whose condition requires them to follow a gluten-free diet. Unless they are under specialist follow-up for their condition, this annual review should be undertaken by their registered general practice.

Recommended practice is to include the following in an annual review:

- measure weight and height
- review symptoms
- consider possible long-term complications and comorbidities
- assess adherence to the gluten-free diet
- consider the need for:
 - additional vaccination related to potential hyposplenism (see 'Green Book' for recommendations)
 - a DEXA scan (see NICE guideline on osteoporosis: assessing the risk of fragility fracture) or active treatment of bone disease
 - blood tests (no specific schedule but consider possibility of e.g. anaemia, nutritional deficiencies, associated autoimmune conditions)
 - specialist dietetic and nutritional advice
 - specialist referral

References:

[NG20 Coeliac disease: recognition, assessment and management \(NICE\)](#)

[Check ups - Coeliac UK](#)