

Date as Postmark

Dear

Welcome to the University Health Service. We are able to see from the new patient questionnaire that you have Coeliac Disease. We are writing to invite you to make an appointment (via telephone, or in person) with our practice nurse to discuss the following:-

1. Current guidelines recommend that people with Coeliac Disease over the age of 10 should have the following vaccinations to protect your health:
  - a. Pneumococcal vaccination – every 5 years
  - b. Meningitis ACWY (Menveo) vaccination – only once
  - c. Meningitis B – Two doses a month apart
  - d. Influenza vaccination

Please bring/have access to your vaccination history to the appointment if possible.

2. Your diagnosis of Coeliac Disease. Please bring/have access to any medical letters so we can add these to our system.
3. Registering with the Gluten Free Food Service at your Community Pharmacy (<https://www.nhsinform.scot/publications/gluten-free-food-service-patient-information-pack>)

We encourage you to do the following

1. Continue with **good compliance** with your gluten free diet
2. Ensure you take an adequate intake of dietary calcium
3. Take 10ug of vitamin D each day **ALL** year round

Coeliac blood tests are no longer done routinely if you are not experiencing any symptoms.

Please make an appointment at your earliest convenience by ringing 0131 6502777 and asking for a coeliac review appointment with our practice nurse.

Yours sincerely

Dr Judith Richardson