

Date as Postmark

Dear

We conduct an annual review of the medical records of patients with Coeliac Disease, the guidance from NICE (www.nice.org.uk/guidance/ng20/) means that you are no longer routinely required to have an annual review with the GP practice. You should however do the following if this has not already been done:

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 – every year

If you have not had these vaccinations or an invite for them please make a telephone appointment with the practice nurse on 01316502777 ask for a “**coeliac review appointment**” as she can review this for you and refer into the service if required.

2. Continue with **good compliance** with your gluten free diet
3. Register with the Gluten Free Food Service at your Community Pharmacy (<https://www.nhsinform.scot/publications/gluten-free-food-service-patient-information-pack>)
4. Ensure you take an adequate intake of dietary calcium
5. Take 10ug of vitamin D each day **ALL** year round
6. Follow up will now be with your Community Pharmacist who will do an Annual Health Check.
7. Coeliac blood tests are no longer done routinely. Should you feel unwell or anything changes with regard to your coeliac disease, or you wish to discuss the contents of this letter, please contact us and ask for a “**coeliac review appointment**” on 0131 6502777.

Yours sincerely

Dr Richardson