

Management action plan for children with coeliac disease

Name: _____ DOB: _____

Emergency contacts:

Name: _____ Name: _____

H: _____ H: _____

W: _____ W: _____

M: _____ M: _____

Comments: _____



Review date: _____

Food containing gluten to be avoided

Wheat Rye Barley Oats

and their derivatives, e.g. couscous, spelt, triticale, malt, semolina

Includes Biscuits, bread, cakes, crackers, pasta, Vegemite, pastry, cereal

Can also be found in Processed meats, soups, sauces, gravies, stocks, dressings, soy milk, soy sauce, icing sugar, custard, lollies

Please note gluten free varieties of the above items are available

If gluten is accidentally consumed, whilst not immediately life threatening, reactions that could occur include:

- Nausea and/or vomiting
- Diarrhoea
- Constipation
- Fatigue, weakness and lethargy
- Cramping and bloating
- Irritability and other abnormal behaviour

Reactions are different for every child, so if gluten is accidentally consumed, please contact the parent or carer immediately or obtain medical assistance.

**For further information contact
Coeliac Australia
1300 458 836 www.coeliac.org.au**

