

Patient information

Transitioning to Adult Coeliac Clinic

This leaflet aims to provide answers to some frequently asked questions and provide you with information on transitioning to adult coeliac clinic.

When does transition to adult clinic start?

Once you turn 16 years old, you will have a follow up appointment in an adult Coeliac clinic. The paediatric dietitian will explain this transition process when you are 15.

Where will this clinic be?

There are clinics based around West Suffolk and you will be contacted to ask which location you would like to attend. This includes Bury St Edmunds, Sudbury, Haverhill, Newmarket, and Thetford.

Who will I see?

The appointment will be with a Dietitian, who sees adult patients. The first appointment will be in person, but for subsequent appointments, you have the option for this to be via telephone for your annual review.

What will happen during my appointment?

As part of your annual Coeliac review, you will be asked to have a blood test and complete a food diary prior to your appointment.

You can attend the Dietitian appointment with a family member or friend or by yourself.

The Dietitian will discuss the results of your blood test and food diary and can support you with managing a gluten free diet during further education or work.

Will I receive gluten free products on prescription?

Some patients will receive gluten free products on prescription up until the time they leave full time education. Your GP surgery will be able to advise you on this.

Contact details:

Please contact us if you need to change your appointment.

If you DNA (Do not attend) your appointment, you will be sent a letter with 3 weeks to contact the service to book a new appointment. If we do not hear from you within this time we may discharge you back to the care of your GP.

Paediatric Dietitians: 01284 712866 childrensdietitians@wsh.nhs.uk

Adult Community Dietitians: 01284 713668 communitydieteticadmin@wsh.nhs.uk

Further information / useful websites:

Coeliac UK: <https://www.coeliac.org.uk/information-and-support/living-gluten-free/kids-teens-and-young-adults/>



Coeliac UK gluten free guide to leaving home:

<https://www.coeliac.org.uk/information-and-support/living-gluten-free/kids-teens-and-young-adults/leaving-home/>



Please ask if you require this information in other languages, large print or audio format: contact the Patient Advice and Liaison Service (PALS) on 01284 712555.

If you would like any information regarding access to the West Suffolk Hospital and its facilities, please visit the website for AccessAble (the new name for DisabledGo)

<https://www.accessable.co.uk/organisations/west-suffolk-nhs-foundation-trust>



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