

# Management action plan for children with coeliac disease

Name: \_\_\_\_\_ DOB: \_\_\_\_\_

Emergency contacts:

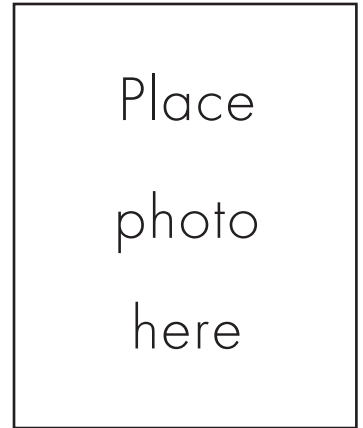
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Comments: \_\_\_\_\_  
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Review date: \_\_\_\_\_

## 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](http://www.coeliac.org.au)**

