

Date: August 2025

Issued to: Primary Care GPs / Community Pharmacies

Next steps are outlined on page 2, there is no patient follow up required from GPs.

Dear Colleague

Coeliac Disease Patient Pathway

The Coeliac Disease Patient Pathway for adults has been reviewed within NHS Grampian, based on work taken forward as part of the National Modernising Patient Pathways Programme (MPPP). The revised pathway aims to support those diagnosed with Coeliac Disease to better self-manage this long-term condition. The changes outlined below are being implemented across Coeliac Disease services in both Aberdeen Royal Infirmary and Dr Gray's Hospital.

Further information on the work undertaken by the MPPP is available within Turas, Scottish Government: Health and Social Care Resources at [Gastroenterology | Turas | Learn](#)

Existing Patients

The return patient waiting list has been reviewed by an Advanced Nurse Practitioner and/or Gastroenterology Consultant to identify the most appropriate next steps for each patient's care. Appropriate outcomes were identified as either; additional review required within secondary care or discharge with advice to register for the gluten-free food service and access an annual health check via community pharmacy.

Patients have only been identified as suitable for discharge where they have been reviewed by secondary care colleagues who have identified that the patient; has no clinical concerns; have had bloods taken within the last 2 years and bloods taken are within expected ranges.

No routine bloods are required for follow up with these patients.

New Referrals

The referral process and pathway for new patients has not changed however as above, when suitable, they will be discharged with advice to register for the gluten-free food service to access an annual health check via community pharmacy.

Discharge with advice

When discharged, with advice to register for the gluten-free food service to access an annual health check via community pharmacy, patients are provided the information below directing them to the gluten-free food service [Gluten-free Food Service - NHS services | NHS inform](#):

Although you do not require ongoing investigation it is important for you to have an annual health check. The annual health check is provided by local community pharmacies as part of the gluten-free food service.

Gluten-free Food Service

- A voluntary service, available within community pharmacies, for people who need to eat gluten-free foods as part of their care.
- You should join this service even if you decide not to collect gluten-free food as it will ensure you have access to an annual health check.

Further information including how to register for the gluten-free food service is available on NHS Inform: <https://www.nhsinform.scot/care-support-and-rights/nhs-services/pharmacy/gluten-free-food-service/>

Cont/:

Next Steps

- Secondary Care
 - We will issue communications to patients identified as suitable for discharge with advice to register for the gluten-free food service and access an annual health check via community pharmacy
 - We have scheduled to undertake a regular review to identify patients who are referred back into the service following discharge
- Primary Care GPs
 - Share information above with your staff and colleagues
 - Consider sharing this information with patients on referral to support patient understanding of the pathway and potential outcome of the referral
 - Referrals to the coeliac pathway and all other gastroenterology pathways should continue to be followed as appropriate
- Community Pharmacy
 - Share information above with your staff and colleagues
 - Complete the Gluten Free Food Service eLearning module as soon as possible: [Gluten-Free Food Service | Turas | Learn](#)
 - A list of services offered at each pharmacy across NHS Grampian can be accessed at: [Pharmaceutical List – NHS Grampian](#) this should be utilised to signpost patients, as required, to another community pharmacy if you, as their local community pharmacy, do not offer the gluten free food service.

If you require any additional details regarding the above information, please contact gram.transformationteam@nhs.scot who will share information for discussion with the relevant Gastroenterology Department colleagues.

Yours Sincerely,

Gastroenterology Departments, NHS Grampian

Full text of links included throughout this letter:

<https://learn.nes.nhs.scot/44384>

<https://www.nhsinform.scot/care-support-and-rights/nhs-services/pharmacy/gluten-free-food-service/>

<https://learn.nes.nhs.scot/63144/pharmacy-cpd-resources/pharmacy-services-essential-learning/community-pharmacy/gluten-free-food-service>

<https://www.communitypharmacy.scot.nhs.uk/nhs-grampian/pages/pharmaceutical-list/>