

Gluten-Free Diet: After Your Visit

Your Care Instructions

Your doctor has recommended that you start a gluten-free diet to help your symptoms. This means not eating foods that contain gluten. Gluten is a kind of protein found in wheat, barley, and rye.

By following a gluten-free diet, you can manage your symptoms, prevent long-term problems, and still get the nutrition you need.

Follow-up care is a key part of your treatment and safety. Be sure to make and go to all appointments, and call your doctor if you are having problems. It's also a good idea to know your test results and keep a list of the medicines you take.

How can you care for yourself at home?

- Don't eat any foods that contain gluten. These include bagels, bread, crackers, malted breakfast cereals, pasta, and pizza.
- Carefully read food labels. Look for wheat or wheat products added to foods such as ice cream, salad dressing, candy, canned and frozen soups and vegetables, and other processed foods.
- Avoid all beer products unless the label says they are gluten-free. Beers with and without alcohol, including lagers, ales, and stouts, contain gluten unless the labels specifically say they are gluten-free.
- When you eat out, look for restaurants that serve gluten-free food. You might ask if the chef is familiar with cooking without any gluten. Also look for grocery stores that sell gluten-free pizza and other foods. The Internet can be another source of information on gluten-free foods.
- On a gluten-free eating plan, you can still have:
 - Eggs and milk products such as cheese. Some cheese and cheese spreads may contain gluten, so check the labels for additives. You may need to avoid milk and milk products at the beginning of treatment.
 - Flours and starches made from rice, corn, buckwheat, potatoes, soybeans, or tapioca.
 - Fresh, frozen, or canned unprocessed meats. Examples of processed meats are hot dogs, salami, and deli meat. Read labels for additives that may contain gluten.
 - Fresh, frozen, dried, or canned fruits and vegetables, if they do not have thickeners or other additives that contain gluten.
 - Certain alcohol drinks, including wine, liquor (including whiskey and brandy), liqueurs, and ciders.

When should you call for help?

Watch closely for changes in your health, and be sure to contact your doctor if:

- You have unexplained weight loss.
- You have diarrhea that lasts longer than 1 to 2 weeks.
- You have unusual fatigue or mood changes, especially if these last more than a week and are not related to any other illness, such as the flu.
- Your symptoms come back again.
- Your stomach pain gets worse.

Where can you learn more?

Go to www.southdenvergi.com, log into the web portal, and enter O549 in the search box to learn more about Gluten-Free Diet: After Your Visit.

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