ESsCD Guideline for coeliac disease and other gluten-related disorders

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Standards and Guidelines

Immunology | Paediatrics | Small Intestine & Nutrition

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This guideline provides recommendations for diagnosing and managing coeliac disease and related gluten disorders in adults and children, emphasizing gluten-free diet as primary treatment and outlining approaches to persistent symptoms and complications.

KEY POINTS

- Diagnosis of coeliac disease is based on a combination of clinical, serological, and histopathological data, with testing performed on a gluten-containing diet; in select children, diagnosis may be made without biopsy if strict criteria are met.
- The primary treatment for coeliac disease is a gluten-free diet, which requires significant patient education, motivation, and follow-up, with slow-responsiveness occurring frequently, particularly in those diagnosed in adulthood.
- Persistent or recurring symptoms necessitate review of the original diagnosis, exclusion of alternative diagnoses, confirmation of dietary adherence through dietary review and serology, follow-up biopsy, and evaluation for complications such as refractory coeliac disease or lymphoma.
- The guideline addresses other gluten-related disorders including dermatitis herpetiformis, a cutaneous manifestation of coeliac disease characterized by granular IgA deposits in dermal papillae that clear with gluten withdrawal, as well as non-coeliac gluten sensitivity and gluten-sensitive neurological manifestations such as ataxia.
- Newer therapeutic modalities for coeliac disease are being studied in clinical trials but are not yet approved for use in practice.

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