**Coeliac Disease (including Gluten Intolerance)**

**Summary**

Coeliac disease is a common digestive condition where the small intestine becomes inflamed and unable to absorb nutrients. It can cause a range of symptoms including diarrhoea, abdominal pain and bloating.

Coeliac disease is caused by an adverse reaction to gluten, a dietary protein found in three types of cereal:

* wheat
* barley
* rye

Gluten is found in any food that contains the above cereals, including:

* pasta
* cakes
* breakfast cereals
* most types of bread
* certain types of sauces
* some types of ready meals

In addition, most beers are made from barley.

**Symptoms**

Eating foods containing gluten can trigger a range of gut-related symptoms, such as:

* [diarrhoea](https://www.nhs.uk/conditions/diarrhoea/), which may smell particularly unpleasant
* [abdominal pain](https://www.nhs.uk/conditions/stomach-ache/)
* bloating and [flatulence](https://www.nhs.uk/conditions/flatulence/) (passing wind)
* [indigestion](https://www.nhs.uk/conditions/indigestion/)
* [constipation](https://www.nhs.uk/conditions/constipation/)

Coeliac disease can also cause a number of more general symptoms, including:

* [fatigue](https://www.nhs.uk/live-well/sleep-and-tiredness/) as a result of [malnutrition](https://www.nhs.uk/conditions/malnutrition/) (not getting enough nutrients from food)
* [unexpected weight loss](https://www.nhs.uk/conditions/unintentional-weight-loss/)
* an itchy rash ([dermatitis herpetiformis](https://www.nhs.uk/conditions/coeliac-disease/symptoms/#dermatitis-herpetiformis))
* [problems getting pregnant](https://www.nhs.uk/conditions/infertility/)
* nerve damage ([peripheral neuropathy](https://www.nhs.uk/conditions/peripheral-neuropathy/))
* disorders that affect co-ordination, balance and speech ([ataxia](https://www.nhs.uk/conditions/ataxia/))

**Strategies**

There's no cure for coeliac disease, but switching to a gluten-free diet should help control symptoms and prevent the long-term consequences of the condition.

<https://www.nhs.uk/conditions/coeliac-disease/>