



The Celiac Scene™

Guides for the **Gluten Free**

HELP FOR HOSPITAL STAYS

1. *Make certain that your family members know where this guide is located and bring it with you to your hospital stay.*
2. *Keep this guide with your list of current medications and name and address of all health care providers.*
3. *Give this guide to the nurse manager for the area of the hospital where you will be staying. Also give a copy to the pre-admission nurse to make certain that a copy is placed on the front of your chart or documented as an "allergy" so that all personnel in the hospital will be aware of your dietary restrictions. If you are planning an admission, make an appointment to see someone in each department listed here, as applicable, (pre-op, surgery, medical/surgery, pharmacy, nutrition services-dietitian, rehabilitation, etc.) prior to your admission.*
4. *Request an allergy wristband. You may also request that "Celiac Disease: All foods and medications must be verified gluten-free" be printed in BOLD writing on your chart, at your bedside, or on the front of your door.*
5. *Ask if you may use your medication from home and if you can bring food to be stored in your room. if allowed, mark all food with your full name and room number.*
6. *If this is an emergency visit, as soon as you are settled, contact the hospital Registered Dietitian. If you are too ill to do this, have a family member or care giver who understands your gluten-free diet do this. Not all dietary staff members may be familiar with this diet (Diet Technicians, Nutrition Assistants, Meal Assistants, etc.), so make sure you talk directly with the Dietitian.*
7. *Work with the Dietitian. Discuss the hospital procedures to decide which foods are gluten-free and how they are prepared in the kitchen. Find out who is responsible for approving the "gluten-free" foods.*
8. *Bring some survival basics from home if the situation permits. Gluten-free cookies, crackers, condiments, and cereal s is easy to store in hospital rooms. A portable cooler or refrigerator that works on a car battery or small electrical outlet attachment can keep some items fresh and safe to eat. Mark all food with your full name and room number.*
9. *For a planned visit, ask if it is possible for the dietary department to order some special gluten-free pasta, muffin mix, cake mix, or bread to make during your stay. If a dietary staff person offers to make a trip to the store for you, remind them not to purchase bulk foods from bins.*

May you have good health and a wonderful stay at the hospital.

Sincerely,

*Cynthia Kupper, RD, Executive Director
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www.GLUTEN.net - educational website

www.GFCO.org - Gluten Free Certification Org.

www.GlutenFreeRestaurants.org - Gluten Free Restaurant Awareness Program

www.GFFoodService.org - Gluten Free Food Service Accreditation Program