

# Coeliac Disease Symptom Checklist

The symptoms of coeliac disease can vary considerably. Listed are some of the symptoms which may occur singularly or in any combination.

## 1. Common Symptoms

- ☐ Fatigue, weakness and lethargy
- ☐ Anaemia (low iron levels)
- ☐ Flatulence and abdominal distention (bloating)
- ☐ Diarrhoea – ranging from mild to severe
- ☐ Constipation – may be experienced instead of diarrhoea
- ☐ Erratic bowel habit ranging between constipation and diarrhoea
- ☐ Cramping and abdominal pain
- ☐ Nausea and vomiting
- ☐ Recurrent indigestion
- ☐ Weight loss
- ☐ Recurrent mouth ulcers
- ☐ Bone and joint pains
- ☐ Vitamin and mineral deficiencies
- ☐ An itchy, blistering skin rash (dermatitis herpetiformis)
- ☐ Dental enamel defects
- ☐ Mouth ulcers

## 2. Common in Children

- ☐ Abdominal distention, pain and flatulence
- ☐ Nausea and vomiting
- ☐ Anaemia
- ☐ Diarrhoea and/or constipation
- ☐ Large, bulky, foul stools (steatorrhea)
- ☐ Poor weight gain or weight loss
- ☐ Delayed growth or delayed puberty
- ☐ Tiredness, irritability or feeling “out of sorts”
- ☐ Failure to thrive

## 3. Associated Conditions

There is a range of medical conditions associated with Coeliac Disease (some are listed below). If you have any of these conditions, you should speak with your doctor about being screened for Coeliac Disease.

- ☐ Osteoporosis or osteopaenia (low bone mineral density)
- ☐ Autoimmune thyroid disease
- ☐ Type 1 diabetes
- ☐ Multiple Sclerosis
- ☐ Unexplained infertility and/or miscarriage
- ☐ Depression

**If you think you may have coeliac disease, take this checklist to your GP for a proper diagnosis.**

For further information  
1300 GLUTEN  
[www.sickandtired.com.au](http://www.sickandtired.com.au)

Coeliac Australia is not a medical organisation.  
Persons reading this material should not act solely on it.  
The advice of a medical practitioner should always be obtained.

SICK  
&  
TIRED  
OF FEELING SICK & TIRED

Coeliac<sup>®</sup>  
Australia