

Celiac Disease Program

Appointment Guide



NEW PATIENTS:

Please call 202-476-3032 to make an appointment.

You will be asked to select from one of two scheduling options:

1. Visit with gastroenterology only
2. Visit our multi-disciplinary clinic

We also ask that you please fax your child's health records to our team at **202-476-4156**, ATTN: Celiac Clinic.

ESTABLISHED PATIENTS:

Our provider will enter orders for follow-up visits and labs at the time of your appointment.

ABOUT THE MULTI-DISCIPLINARY CELIAC DISEASE CLINIC:

The Celiac Disease Program hosts a robust multi-disciplinary clinic for our patients. Through this clinic, we offer visits with specialists from gastroenterology, nutrition, psychology, gluten-free diet and lifestyle education. This visit type is reserved for patients who would like to visit with providers from two or more of the specialties listed above. We hold telemedicine clinic on Fridays and in-person clinic on the 4th Wednesday of every month at the Rockville office.

WHAT TO EXPECT:

When you schedule this visit, your child will be listed as attending a "multi-disciplinary clinic." The Celiac Disease Program Coordinator will

contact you no later than one week before your visit to speak with you about which providers you would like your child to see and which providers our clinic recommends. The Call Center will not be able to discuss which providers you will see. The length of your child's visit will be determined by how many providers your child sees. Each provider consult lasts 30 minutes, so all multi-disciplinary clinic visits will last a minimum of one hour and a maximum of two hours.

Gastroenterology: Our gastroenterologist and nurse practitioner can address new or ongoing symptoms, perform regular health screens, prescribe medications and order procedures.

Nutrition: Our dietitian can help ensure a well-balanced gluten-free diet, navigate

other dietary restrictions and determine the need for any vitamins, minerals and supplements.

Psychology: Our psychologist can help teach patients skills such as coping, adjustment and adherence to the gluten-free lifestyle and resolve tensions related to having a chronic condition. While psychology visits in the multi-disciplinary clinic are not regular therapy, the clinician can refer you to resources to set up regular therapy appointments.

Education: Our education specialist can provide your family with information about lifestyle changes that will happen as a result of your child's diagnosis. This includes education about celiac disease, the gluten-free diet, label reading, dining out, accommodations at school, self-advocacy skills, gluten exposure assessments and more.

INDIVIDUAL PROVIDER APPOINTMENTS

If you require only one provider, your child will be scheduled in that provider's schedule outside of the multi-disciplinary clinic. Please note that our psychologist does not provide consults outside of the

multi-disciplinary clinic. For education-only appointments, please contact us at celiac@childrensnational.org.

HELPFUL INFORMATION

- We recommend getting blood drawn at a Children's National facility at least one week before the appointment to allow time to receive results. If you are unable to do so, please contact the Program Coordinator to obtain physical lab orders.
- Please make every effort to attend your child's scheduled appointment – options to reschedule may be limited.
- Your child must be present for appointments, regardless of whether it is in-person or via telemedicine. We will have to cancel and reschedule the appointment if your child is not present.
- Due to time constraints, we are unable to accommodate siblings sharing one appointment slot. Siblings who wish to be seen on the same day must schedule two separate appointments and each have a parent or guardian present.

To schedule an appointment, please call **202-476-3032**.
Telemedicine appointments available.

Children's National Montgomery County

9850 Key West Avenue
Rockville, Maryland 20850



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