



**UVA Digestive
Health Center**

How to Check Your Medications for Gluten

Medications are the most common way that people accidentally eat gluten because gluten is often used as a filler or binder. This tiny amount of gluten matters and can keep you from being healthy and gluten-free. It is important to check every medication that you take by mouth for gluten.

➤ **Check the package insert**

Medications are not required to following the same labeling rules as foods and nutritional supplements, so gluten-containing ingredients may not be indicated here. However, it is worth a look. If you do not see gluten-containing ingredients listed, you will still need to do some more homework to determine if your medication is gluten-free.

➤ **Check with a trusted pharmacist**

Any time you have a prescription to pick up, tell your pharmacist that you have celiac disease and ask him or her to check if the drug contains gluten. The pharmacist can look this up, or call the manufacturer if necessary.

➤ **Check with the drug manufacturer yourself**

If you already have medications at home and are not sure if they are gluten-free, or do not feel like you have found a satisfactory answer, call the manufacturer yourself.

➤ **Glutenfreedrugs.com**

We highly recommend referring to this website for information about how to determine if your medication contains gluten. This website is maintained by a clinical pharmacist, Steve Plogsted, PharmD, as a public service. It is continuously updated with information from the manufacturers.

Another great resource by the same author is available in the Celiac Diet Series Articles from the Journal Practical Gastroenterology. To access this article, go to: www.uvahealth.com/ceciacsupport → Professional Articles → [2006-2007 Celiac Diet Series](#) → [Medications and Celiac Disease - Tips From a Pharmacist](#)

****Medications that are not taken by mouth, such as IV (intravenous), lotions or ointments, do not need to be checked. Gluten has to enter the intestinal tract to cause a problem!****