

Celiac & Gluten Sensitivity Test Preparation:

Important Prep Before Patient Takes Test

Certain medications and/or foods may impact test results. ***Please consult with your healthcare provider before stopping any prescription or over-the-counter medications. Genova never recommends that patients discontinue medically necessary medications or supplements in order to complete testing.*** There may be times when your healthcare provider prefers that you stay on a medication during testing in order to evaluate its effectiveness. The following medications may influence test results:

- glucocorticoids (e.g., oral prednisone, steroid metered-dose inhaler, cortisone cream)
- chemotherapy
- other immunosuppressive agents (e.g., Humira, Rituxan)
- NSAIDS (e.g., Ibuprofen, Naproxen, Aspirin)
- anticonvulsants (e.g., Carbamazepine, Valproate)
- Omalizumab is a monoclonal antibody designed to bind to free serum IgE, which may influence test results
- Heparin interferes with the measurement of tissue transglutaminase (tTG) antibodies on the celiac panel

Important: If a patient has a known IgE-mediated food allergy, Genova DOES NOT recommend exposure to the food that may cause a reaction. When testing for food antibodies, it is suggested that the patient eat a variety of foods for 2-3 weeks prior to testing (except for foods that are known to cause severe reactions). Doing so will help to ensure the presence of antibodies to problematic foods.

Antibody testing may be inaccurate if the patient has liver disease, severe kidney disease, protein-losing enteropathy from gastrointestinal tract damage, HIV infection, or other immunodeficiencies. Results may be skewed in patients with rheumatological pathologies associated with the production of heterophilic antibodies such as rheumatoid factor (RF).

It is recommended that a child be at least 1 year old before testing for IgG antibodies. There is no age restriction for IgE testing.

