

Need help differentiating between GI symptoms? Order a convenient blood test.

Aspirus Reference Laboratory Ordering Guide

Because of the multiple symptoms that overlap between celiac disease, food allergies, and Irritable Bowel Syndrome (IBS), discovering which condition may be causing gastrointestinal (GI) symptoms can sometimes be difficult. Convenient blood tests can aid in ruling-in or ruling-out which disease is causing GI distress. For patients with overlapping symptoms, blood testing may be the solution.¹



Is it Celiac, Food Allergies, or IBS?

	Celiac	Food Allergies	IBS
Abdominal pain	✓	✓	✓
Bloating	✓	✓	✓
Constipation			✓
Diarrhea	✓		✓
Fatigue	✓		
Flatulence	✓		✓
Nausea/vomiting		✓	
Oral itching/swelling		✓	
Weight loss/ failure to thrive	✓	✓	

CELIAC DISEASE SCREENING STEPS

STEP 1: Order Celiac Antibodies, TTGA and Total IGA (LAB82101)

STEP 2: If IGA deficient, then order TTGG IgG (LAB721)* or DGPG IgG antibodies (LAB123240)*

*order within 5 days to Add-On to existing specimen from Step 1

If screening tests are abnormal, consider GI consult.

Other Celiac Orders Available:

- ✓ **Celiac Disease Panel (LAB123768) No Pre-Auth Required.** includes TTGA, TTGG, DGPA, DGPG, Total IGA. Panel is NOT recommended for initial screening.
- ✓ **Endomysial Antibody, IgA by IFA (LAB774)**

FOOD PROFILE

ALLERGENS, FOOD	LAB123065
ALLERGENS, SHELLFISH PROFILE	LAB123067
ALLERGENS, NUT MIX PANEL	LAB123009
COMMON ADULT FOOD PROFILE	LAB123163

Individual Food allergens are also available. See Aspirus Lab Reference Manual for more details.

IBS

CALPROTECTIN, FECAL by IMMUNOASSAY

LAB123136

The American College of Gastroenterology recommends that serologic testing be performed to rule out celiac disease in patients with IBS symptoms¹

Questions? Please Contact Aspirus Reference Laboratory at 715-847-2136

Source: Onyimba F et al. Food Allergies and Intolerances: A Clinical Approach to the Diagnosis and Management of Adverse Reactions to Food. Clin Gastroenterol Hepatol. 2021 Jan 22:S1542- 3565(21)00075-6.

1. Lacy, Brian E. et al. ACG Clinical Guideline: Management of Irritable Bowel Syndrome, The American Journal of Gastroenterology: January 2021 - Volume 116 - Issue 1 - p 17-44.