

Celiac Disease

An celiac disease blood test measures the amount of tissue transglutaminase antibodies (tTG-IgA) in the blood.

What is celiac disease?

Celiac disease is an autoimmune disorder that often runs in families. When someone with celiac disease eats gluten, the body attacks the intestinal lining, making it hard for the body to take in important nutrients. Gluten is a protein found in wheat, barley, and rye.

What are common symptoms celiac disease?

The following symptoms can be seen in patients with celiac disease:

- Diarrhea
- Heartburn
- Mouth sores
- Itchy skin rash
- Headaches
- Infertility
- Gas
- Depression
- Bloating
- Stomach pain
- Irritability
- Constipation
- Fatigue
- Thin bones
- Discolored teeth

What should I do if my results are positive or negative?

It is always recommended you meet with a doctor to determine what your laboratory test results mean to you. Your doctor will review all of your test results and, combined with your health history, will be able to provide an accurate picture of your health status.

If your results were positive: If your test comes back positive, your physician will determine if additional testing, imaging or an endoscopy procedure will be appropriate for further examination.

Your doctor will also help you take the next steps in managing your symptoms. He or she may also test for vitamin deficiencies often seen in people with celiac disease. It's also important your family members get screened.

If your results were negative: If your results are negative, your doctor will decide what to do next based on your symptoms and family history. He or she may decide to test you for other similar conditions, or may consider non-celiac gluten sensitivity, which is diagnosed after other possible conditions, like celiac disease, have been ruled out.

There is a chance that you could still have celiac disease if you receive a normal test result. To get the most accurate results, you should eat a regular diet containing gluten prior to getting tested.

What other resources are available to learn more about my health and laboratory tests?

- Quest Diagnostics: celiacanswers.com
- Celiac Disease Foundation: celiac.org
- Centers for Disease Control and Prevention: cdc.gov
- Lab Tests Online: labtestsonline.org

DLO Direct™ offers direct access to preventive testing for informational purposes. A DLO Direct lab test result is not a medical diagnosis and is not intended as medical advice. Only a physician can interpret lab results and diagnose a medical condition or disease.

Because tests have not been ordered by a physician, third party entities, including Medicare and Medicaid, will not reimburse for these tests.

FOR ACCURATE RESULTS

Please note that for the blood tests to be accurate, you must be eating a normal, gluten-containing diet for at least two weeks before testing.



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