

## **TESTING FOR CELIAC DISEASE**

### **Initial Blood Tests**

**tTg (IgA anti - transglutaminase antibody test) plus Total Serum IgA**  
**You must be on gluten for the tTg test . See gluten challenge note below.\***

If the tTg test is positive or the IgA test shows a deficiency , then **\*STAY ON GLUTEN** , until a duodenal biopsy is completed. A biopsy is required to make a definitive diagnosis.

### **High Clinical Suspicion**

In cases of high clinical suspicion such as:

- unexplainable iron deficiency
- osteoporosis
- brittle type 1 DM
- family history
- gut symptoms (e.g. > 3 months of frequent diarrhea, weight loss, dairy intolerance, exceptional gas and bloating)
- children under age 5 with signs + symptoms

A duodenal biopsy is recommended, even if tTg and IgA levels are normal.

### **Gluten Challenge \***

If you have already been trialling a gluten restricted diet , medical experts recommend a gluten challenge, prior to tTg test and the duodenal biopsy.

Adults – eat 10 grams of gluten (4 slices of bread or equivalent) for at least 1 month prior to testing tTg and biopsy.

Children – eat 5 grams of gluten (2 slices of bread or equivalent) for at least 1 month prior to testing tTg and biopsy.

If you have been on a gluten free diet for a long time it may take 2-3 months on a gluten challenge to turn the tTg and biopsy positive.

**IF BIOPSY IS POSITIVE HAVE YOUR PHYSICIAN REFER YOU TO A REGISTERED DIETITIAN WITH EXPERTISE IN CELIAC DISEASE.**

Source: Dr. Jamie Papp, Gastroenterologist  
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Health Canada 2009  
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