

TESTING FOR CELIAC DISEASE

Initial Blood Tests

Test 1st and 2nd degree relatives and those with symptoms suggestive of celiac disease.

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

If the tTg test is positive or
the IgA test shows a deficiency , and/or
you have symptoms suggestive of celiac disease
then ***STAY ON ADEQUATE GLUTEN** , until a duodenal biopsy is completed.

A biopsy is required to make a definitive diagnosis.

If tTg is negative repeat every 3-5 years (more frequently if you are having symptoms)

Gluten Challenge *

Follow a normal diet (containing gluten) with some gluten (eg bread, chapattis, pasta, biscuits, or cakes) in more than 1 meal every day for a minimum of 6 weeks before testing tTg and duodenal biopsy.
(It is not possible to say exactly how much gluten they should eat)

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

Source:
Shelley Case Aug 2011
Joyce Schnetzler, RD
Victoria General Hospital