

INFORMATION ON FOOD ALLERGY AND FOOD INTOLERANCE TESTING (TEST PANELS AND THE COMMUNICATION OF RESULTS)

SYNLAB *Information Sheets* help you in understanding the laboratory tests applied for the diagnostic evaluation of the patients' symptoms. Please read the following carefully before ordering tests, then sign the statement provided at the end of this *Information Sheet*! If you need further information, please ask for it from the lab personnel!

Our patients are hereby informed that the levels of the antibodies determined during the evaluation of complaints caused by foodstuffs may be influenced by corticosteroid or immunosuppressive therapy. If you are uncertain whether you are taking such preparations, please consult your doctor or pharmacist!

FOOD ALLERGY TESTING

We measure food-specific **IgE concentrations**. We interpret the result as negative under a serum level of 0.35 kU/L, but we specify the **concentration measured** if it exceeds 0.35 kU/L. The test is considered positive depending on the clinical manifestations. While adhering to a specific diet, these antibodies may disappear from the blood and hence, **tests performed during dieting yield uncertain results**.

Food allergy test panels:

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| 40 nutrients panel | HUF 15,000 |
| 20 nutrients panel | HUF 12,000 |
| 20 mixed panel | HUF 12,000 |
| ALEX multiplex allergy test | HUF 80,000 |
| ALEX multiplex allergy test with allergist advisement | HUF 90,000 |

FOOD INTOLERANCE TESTING

We perform a food-specific IgE test. Such complaints are NOT allergic in origin!

Food intolerance test panels:

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| Foodtest 46 panel | HUF 34,300 |
| Foodtest 108 panel | HUF 48,500 |
| Foodtest 220+ panel | HUF 69,900 |

The **Foodtest 46** panel is a semiquantitative test and therefore, its result may be reported as 'negative', 'weak positive', 'positive', or 'strong positive'. The results of the **Foodtest 108** or of the **Foodtest 220+** panels are reported as numeric values.

While adhering to a specific diet, these antibodies may disappear from the blood and hence, tests performed during dieting yield uncertain results!

GLUTEN SENSITIVITY TESTING

When sensitivity to wheat flour (celiac disease, gluten-sensitive enteropathy) is suspected, we recommend performing the **Screening test for Celiac Disease**, which measures the concentrations of antibodies against tissue transglutaminase IgA, and IgG. If this test yields a positive result, it is recommended to perform EMA IgA/IgG tests in addition, particularly during childhood. **While adhering to a gluten-free diet, autoantibodies disappear and hence, both laboratory tests yield negative results.**

Other testing options: detection of gliadin- and gluten-specific IgG (a component of food intolerance panels); assessment of hereditary susceptibility.

Genetic tests are intended to exclude the presence of the disease in the first place. A positive test result only indicates hereditary susceptibility and thereby helps in estimating the relative risk of developing wheat intolerance. When clinical symptoms exist, further tests are required to confirm the diagnosis, including serology (antibody) tests, or biopsy of the gut, when necessary.

Testing options in suspected gluten sensitivity:

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| Screening for celiac disease (tTG IgA, tTG IgG) | HUF 7,200 |
| EMA IgG and IgA | HUF 6,000 / test |
| Food intolerance panels (Foodtest 46, 108, and 220+) | HUF 34,300 to 69,900 |
| IgA and IgG antibodies against deamidated gliadin peptide | HUF 8,500 / test |
| Genetic testing for celiac disease (HLA) | HUF 31,000 |

EVALUATION OF SYMPTOMS CAUSED BY MILK AND DAIRY PRODUCTS

Any of our food intolerance panels is appropriate to exclude **milk allergy**; however, there is a molecular allergy test available for the detection of 3 milk proteins. **This test may yield a negative result in patients adhering to a milk-free diet.**

The Foodtest 46, 108, or 220+ panels are suitable for the detection of **non-allergic intolerance** caused by **milk proteins**. Intolerance to milk and dairy products might be linked also to wheat flour sensitivity.

To evaluate **symptoms caused by milk sugar (lactose)**, we recommend the genetic lactose intolerance test, which is not influenced by the diet and can be performed any time. Drawing blood is not necessary, because this test can be performed on a buccal swab sample. *By examining the polymorphism of a DNA segment located near to the lactase gene, the presence or absence of the lactase enzyme (which is responsible for the degradation of lactose) – and hence that of lactose intolerance – can be determined.*

Testing options for symptoms caused by milk or dairy products:

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| Nutrient and mixed allergy panels | HUF 12,000 to 15,000 |
| Molecular allergy test (milk proteins) | HUF 7,000 |
| FABER multiplex allergy test | HUF 98,000 |
| ALEX multiplex allergy test | HUF 80,000 |
| ALEX multiplex allergy test with allergist advisement | HUF 90,000 |
| Food intolerance panels (Foodtest 46, 108, and 220+) | HUF 34,300 to 69,900 |
| Genetic testing for lactose intolerance (C/T-13910) test | HUF 11,000 |

ACKNOWLEDGEMENT OF RECEIPT OF INFORMATION ON TESTS

I, the undersigned (name), (identification number, such as SIN or of a personal identity document) hereby acknowledge that I have received all necessary information on the tests, and I have read the content of this *Information Sheet*. I have understood the instruction and received comprehensive and complete verbal answers to all my questions. I am aware that this general information on the tests does not substitute for specialist consultation required to determine the range of tests required to establish a diagnosis, which also includes – as an essential part – obtaining a detailed medical history and performing a physical examination.

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Date

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Signature