



## Gastrointestinal Health Panel



**The Diagnos-Techs™ Gastrointestinal (GI) Health Panels** are non-invasive screens of the GI system and its function. They include 15-22 individual, yet related tests. Stool and saliva samples are submitted after convenient at-home collection. The GI Health Panels combine pathogen testing, inflammatory markers and other lab measures of possible disease or dysfunction for a comprehensive evaluation of GI health.

### The GI-1 panel screens for:

- **Bacteria**— to look for infectious organisms (including *H. pylori*) and to help evaluate balance of “good and bad” bacteria in the gut
- **Fungi and yeast**— to identify overgrowth of yeast (including *Candida*) and fungi that may be associated with GI symptoms
- **Parasites**— with both microscopic evaluation of samples and identification of immune markers of infection
- **Antibodies to gluten**— to evaluate potential benefit of gluten-free diet
- **Digestive function markers**
- **Markers of intestinal inflammation**
- **Fecal occult blood**— to look for GI bleeding
- **Total sIgA**— to evaluate function of immune barrier in the GI tract

### The GI-2 panel contains all of the above GI-1 tests and additionally screens for:

- **Antibodies to dairy, soy and egg proteins**— to evaluate potential benefit from removing dairy, soy and/or eggs from your diet
- Immune markers of infection from **four additional parasites**

## Gastrointestinal Health

Maintaining a healthy GI system is essential to your overall health. GI infections and inflammation can lead to a wide range of abdominal symptoms and decrease the body's ability to absorb nutrients. Commonly thought to only be found in developing countries, parasites are a cause of GI symptoms in millions of people in the United States as well.

### Rapid, Accurate and Thorough

According to the Centers for Disease Control and Prevention (CDC), it is estimated that 9.4 million episodes of foodborne illnesses, caused by 31 major known pathogens, are acquired in the United States each year. Determining the specific pathogen that is causing infection is essential for appropriate treatment and requires laboratory evaluation and confirmation. The Diagnos-Techs GI Health Panels are far more comprehensive than most laboratory GI panels, testing for more pathogens to ensure proper diagnosis.

Replacing the outdated sensitivity system most commonly used, Diagnos-Techs has invested in state-of-the-art equipment capable of identifying over 4,000 pathogenic organisms—100 times more than standard laboratories are able to identify. This equipment is only found in advanced reference laboratories and provides extremely rapid and accurate results. Your healthcare provider will receive information not only about which pathogens are present, but also which treatments are most likely to be effective in eliminating infection.

## The GI Health Panels may be helpful for determining the underlying cause of:

- Chronic or vague abdominal pain or discomfort
- Gas or bloating
- Constipation
- Diarrhea or loose stools
- Abdominal cramping
- Heartburn or GERD

## Mode of Transmission and Risk Factors

The predominant method of transmission of parasites is the fecal–oral route. This can occur through hand contact with infected individuals or via contaminated water, soil or food. Many parasites are highly transmissible within a household environment. All family members should be tested if one member is positive for a GI infection.

People with suppressed immunity are at risk for longer and more serious GI infections. Individuals receiving chemotherapy for cancer are very susceptible to parasitic infections. Medications commonly used for autoimmune conditions, such as rheumatoid arthritis, can also lead to a higher risk of infections. Frequent or excessive antibiotic use can render the GI tract more susceptible to chronic overgrowth of harmful microorganisms.

You may benefit from a GI Health Panel if you:

- Frequently travel within the United States and/or overseas
- Frequently eat outside the home
- Are exposed to feces (e.g., cat litter box)
- Prepare or handle food
- Work in a hospital or other healthcare setting
- Go hiking or camping
- Live in a dormitory
- Work with young children or have a child who attends daycare
- Have a history of frequent or broad-spectrum antibiotic use



## What to Expect

Your healthcare provider will give you a test kit containing the supplies you need to collect your test samples. Depending on which panel your healthcare provider decides is best, you will collect two saliva and three stool samples over a period of 1-3 days. Complete instructions regarding sample collection (along with foods, supplements, and activities to avoid during the test period) are included with your kit. You will need to refrigerate your samples until all collections are complete.

Next, you will package samples in the box provided, affix the mailing label included with your kit, and ship the completed kit from your nearest UPS location.

Your healthcare provider will receive your results in approximately 1-2 weeks. This information can then be used to create a customized treatment plan and to determine the next steps in working toward your health goals.

## Ask your physician about additional test panels available from Diagnos-Techs:



Adrenal Stress Index Panel



Bone Health Panel



Cycling Female Hormone Panels



Peri and Post Menopause Hormone Panels



Male Hormone Panels



Food Allergy (Sensitivity) Panel



Gastrointestinal Health Panels

For additional patient information, please visit our website at