

### Before you test:

#### What are the recommendations for gluten consumption prior to having the CICA test?

- For the genetic component only: gluten consumption prior to testing would not impact the results. Continue with current eating pattern. No change in gluten consumption is necessary.
- For serology markers (antibody titers) Because antibody titers are exposure related, purposeful avoidance of gluten can cause a decrease of serological results. Therefore, the patient's exposure to gluten containing grains should be considered when interpreting tTg and DGP serology results.

### Our recommendations:

For those without a current diagnosis of celiac disease or wheat allergy, who have been avoiding gluten, a consumption of gluten ( $\geq 1$  ½ slices of wheat bread or equivalent daily) for a minimum of the first two weeks of the last four weeks, prior to testing, is recommended.

Note:

*Of the four celiac disease antibodies that are measured within the CICA, tTg-IgA is the most highly studied and most of our knowledge of the temporal relationship between the presence of antibody and the exposure to gluten come from that antibody. It is likely that the other antibodies have a similar pattern, but we cannot be certain.*

For those in this category, who have been avoiding gluten for an extended period of time and who feel adverse reactions when gluten is consumed, a consultation with the health care practitioner regarding the re-introduction of gluten to the eating pattern prior to testing, is recommended. *Perhaps another way to approach the issue of gluten avoidance prior to testing is to recommend testing in the individual's current avoidance state. If the antibody results are positive, then the avoidance did not have a significant effect. If the test is negative, then it is unknown whether the avoidance had an effect, so it might be helpful to retest after an interval of gluten exposure.*

#### Should a patient be retested to monitor progress? How long after avoidance would an improvement in serology markers be seen?

The genetic component of CICA is not necessary to test more than once. For those with a diagnosis of celiac disease, using this test to monitor and assess impact of the gluten free lifestyle on tTg and DGP antibodies, continue to follow the gluten free lifestyle. The strictness of the gluten free lifestyle to prevent celiac disease activity may not be equal for all individuals with the disease. Reports range from a few months to a year or more for the antibody level to go from positive to negative. For those with a diagnosis of celiac disease, please consult your physician to determine if this test is appropriate for you.

# FAQ



## CICA/ Celiac, IBS, & Crohn's Array

### **Are these tests covered by health insurance?**

No. Insurance plans do not reimburse for this test, currently.

### **Do I need to test through a healthcare practitioner, or may I test on my own?**

You may test through a healthcare practitioner, directly through <https://previmedica.com/>, or one of our program advisors at PreviMedica. A blood draw provided by a medical professional is required. We can assist you with arranging a convenient option for you. You may also take part in our additional support programs.

### **After you test:**

#### **How long will it take to receive my test results?**

CICA test results are available online within 7-10 business days after the specimen is received in the laboratory. For tests ordered through a practitioner, results will be provided to the patient, by the practitioner.

#### **How much support is available after testing?**

With every test offered by Cell Science Systems, the patient and/or ordering practitioner may be eligible to receive a complimentary 30-minute phone or video consultation with a member of our support team to discuss test results.

To request an appointment for a complimentary session, please complete this form:

<https://cellsciencesystems.com/resultsreview>

Appointments are also available for healthcare practitioners to discuss the technology and science pertaining to the test. To request an appointment, please complete this form:

[AsktheLab](#)