

GI

Gastrointestinal Health Panel



The **DiagnosTechs Gastrointestinal (GI) Health Panels** are non-invasive screening tests 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.

**Gastrointestinal Health**

Maintaining a healthy GI system is essential to overall good health. GI infections and inflammation can lead to a wide range of symptoms and decrease the body’s ability to absorb nutrients. Although found more commonly in developing countries, parasites and pathogenic bacteria 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), 9.4 million episodes of foodborne illness, caused by 31 major known pathogens occur in the United States each year. Determining the specific organism that is causing an infection is essential for appropriate treatment. The Diagnos-Techs GI Health Panels are far more comprehensive than most laboratory GI panels, testing for more pathogens to ensure proper diagnosis.

To ensure high sensitivity and specificity of detection, DiagnosTechs employs state-of-the-art equipment capable of identifying over 4,000 specific microorganisms—100 times more than standard laboratories are able to identify. This equipment is found primarily in advanced reference laboratories and provides extremely rapid and accurate results.

The Gastrointestinal (GI) Health Panels may be helpful for individuals with:

- *Heartburn or GERD*
- *Gas or bloating*
- *Constipation*
- *Diarrhea or loose stools*
- *Abdominal cramping*
- *Chronic or vague abdominal pain or discomfort*
- *Weight changes*
- *Fatigue*
- *Irritable bowel*
- *Food sensitivities*



*Our GI Health Panels strike a balance between comprehensive screening and economy. Ask your doctor if a GI Health Panel might be appropriate for you.*

### The GI-1 panel screens for:

- **Bacteria** - to look for infectious organisms and to help evaluate the balance of “good and bad” bacteria in the gut
- **Yeast** - to identify overgrowth of yeast (including *Candida*) that may be associated with GI symptoms
- **Parasites** - including microscopic evaluation, antigen testing, and immune markers of exposure
- **Antibodies to gluten** - to evaluate potential benefit of a gluten-free diet
- **Digestive function markers** - including digestive enzyme chymotrypsin and stool pH
- **Markers of intestinal inflammation and mucosal immune function** - including total intestinal sIgA
- **Fecal occult blood** - to screen for GI bleeding

### 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 patients 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 GI infection.

People with suppressed immunity are at risk for longer and more serious GI infections. Patients 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
- Frequently eat outside the home
- Are exposed to feces (e.g., cat litter box)
- Work in a hospital or other healthcare setting
- Go hiking or camping
- Work with young children or have a child in daycare
- Have frequent or broad-spectrum antibiotic use

*The GI-2 Panel contains all of the GI-1 screening tests plus:*

- **Anitobodies 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

**Calprotectin can be added to any GI Health Panel.**

Ask your physician about additional test panels available from DiagnosTechs:

-  **ASI** Adrenal Stress Index Panel
-  **BHP** Bone Health Panel
-  **CAL** Calprotectin
-  **FHP** Cycling Female Hormone Panels
-  **FP** Food Panel
-  **GI** Gastrointestinal Health Panels
-  **MHP** Male Hormone Panels
-  **PHP** Peri- & Postmenopause Panels

For additional patient information, please visit our website at [diagnostechs.com](http://diagnostechs.com)