

Cyrex Labs Array 3X

Wheat/Gluten Proteome Reactivity & Autoimmunity

What is the purpose of this test?

To provide a comprehensive look at multiple markers that may indicate a wheat or gluten sensitivity or intolerance. Cyrex Array 3X is by far the most advanced test for wheat/gluten sensitivity available at this time. It screens not only for intolerance to alpha-gliadin (that is, the epitope of gliadin/gluten most commonly tested for), but also to other epitopes of gliadin (for example, gamma-gliadin, omega-gliadin and gliadin toxic peptides), numerous other proteins and peptides in wheat (for example, deamidated gliadin, glutenin, wheat germ agglutinin, non-gluten proteins A and B), and enzymes that are often involved in the immune response to gluten (for example, tissue transglutaminase 2, 3, and 6 and microbial transglutaminase).

What type of test is this?

Blood.

Where do I find and how do I fill out the requisition order for this test?

Once you receive your order confirmation (see below), there will be a requisition order for you in the Forms section of Labs & Documents in your Patient Portal that you will need to print out. You do not need to fill in any information on the requisition.

How do I get this test?

Once you approve your estimate, we will send an order confirmation to the Encounter History section of your Patient Portal to let you know when your test kit has been ordered. You will receive the kit in the mail five to seven business days after we order it for you.

You will need to schedule a blood draw by a Cyrex phlebotomist:

1. Go to <http://cyrexlabs.com/> and click “schedule a blood draw” on their patient portal.

2. Enter the requisition ID and confirmation code from the requisition order you printed from your Patient Portal.
3. Choose Standard Clinics or Home Health Services (service charge applies).
4. Print the appointment confirmation/blood draw authorization (a copy will also be e-mailed to you).

Please note: Blood draws for minor patients 15 years of age and younger are not included under Cyrex's contracted phlebotomy. You will need to find a local draw facility that accepts these kits to draw your blood. We suggest trying national labs such as LabCorp or Quest, your local primary care doctor's office, a local hospital, www.anylabtestnow.com, or doing a Google search on "at home blood draw," "at home phlebotomy," or "mobile blood draw."

Please take the following to the phlebotomy appointment:

1. Printed blood draw authorization (either printed when you scheduled your blood draw or printed from the e-mail that was sent to you).
2. Signed Cyrex test requisition form (from your Patient Portal).
3. Specimen collection kit.
4. Patient-collected saliva specimen (only if you are having both blood and saliva tested).

New York state residents: Due to lab and state regulations, we are unable to ship this kit to an address in the state of New York, and you may *not* list a New York return address on the requisition form or on your return shipping label. Please ensure you are shipping the completed kit from outside the state of New York. We cannot be held responsible for rejected samples should you complete and return the kits from inside the state of New York.

How do I prepare in terms of diet, supplements, and medications?

- This is a blood test that measures antibodies. As such, in order to improve the accuracy of your test results, you must ensure adequate exposure to wheat beginning 25 to 30 days before you schedule your blood draw. Exposure to wheat allows your body to form antibodies if you do have sensitivity. Avoiding wheat before this test could cause a false negative result, meaning that the test states you are not sensitive to wheat when you actually are intolerant. If you are not currently eating wheat as part of your diet, you will need to follow the guidelines below:
- Eat at least one small serving per day of a wheat-containing product such as bread or pasta for a minimum of seven days, beginning 25 to 30 days before your test. You may optionally continue to eat wheat closer to the date of your test. However, as long as you eat wheat up until 20 days before your test, you should have adequate exposure to allow antibody formation in the case that you are sensitive. For example, you could eat one

piece of bread for 10 days beginning 30 days before your test, which would allow exposure up to 20 days before testing.

- If you strongly suspect that you have an intolerance to wheat or gluten, you may order Apex Energetics GlutenFlam to take in case you begin to experience symptoms from ingesting wheat. GlutenFlam will work to decrease some of your symptoms without preventing antibody formation entirely, or in other words, without leading to a false negative test result. If you would like to order GlutenFlam, please let us know.
- Immunosuppressant and corticosteroid drugs can reduce antibody production and cause false negative results.
- Eating a high-fat meal prior to your blood draw can cause your serum specimen to be lipemic. Lipemic specimens are rejected by Cyrex Labs.

Is the timing of this test important?

Make sure to follow the above steps to schedule a blood draw appointment.

A gluten-free diet can cause false negative results, which is why it is important for you to read the detailed dietary instructions in the handout of your Patient Portal. Note that you must ensure adequate exposure to wheat beginning 25 to 30 days prior to your blood draw.

Was payment included in my invoice?

Yes, the test was included in your invoice, however, there may be a fee associated with the blood draw when you get to the lab. You will need to pay the lab directly for this fee.

When will I see the results?

Results are generally sent to us two weeks after the lab receives the kit back from you. Your clinician will review the results and then notify you through your Patient Portal.

Where can I read more about this test?

<https://www.cyrexlabs.com/>

If you have additional questions, please contact Cyrex Labs at: frontdesk@cyrexlabs.com or (602) 759-1245.