Digestive troubles?
It could be IBS or celiac disease

IBSDetex™ Test and Celiac Disease Testing
Testing for **IBS** or **celiac disease** can help you get healthier

If you’re experiencing digestive symptoms, testing can help you and your doctor know what may be causing them.

**IBSDetex** is a quick, simple blood test that can tell whether your symptoms are due to types of IBS-D or IBS-M related to infection. IBSDetex measures substances in your blood that may have resulted from a past episode of food poisoning. These substances are found in many people who have IBS with diarrhea.

**Celiac disease testing** may involve a single test or several tests. Your doctor will recommend the best testing strategy depending on your symptoms and medical history, including family medical history. (Your risk of celiac disease rises by 10% if a family member has the disease.)

Say I test positive for IBS or celiac disease. What’s next?

Your doctor may order other tests or exams to confirm the diagnosis. Once confirmed, treatment may start.

Gain insight into your health. Ask your doctor about IBSDetex and celiac disease testing.
Two illnesses worth knowing about

Irritable bowel syndrome (IBS) and celiac disease are 2 leading sources of nagging digestive issues such as cramps, bloating, and diarrhea. Together they affect millions of Americans.

Although they are different illnesses, IBS and celiac disease symptoms can be similar. This makes them difficult to tell apart and diagnose correctly.

Accurately diagnosing IBS or celiac disease is critical, however, because the treatments differ. For example, some types of IBS can be treated with medicine, while celiac disease can only be successfully treated through dietary changes.

This brochure explains IBS and celiac disease, and how laboratory testing can help you and your doctor know if either illness is the source of your symptoms. An accurate diagnosis can be the first step to feeling better and staying symptom-free.
Irritable bowel syndrome

What is IBS?

IBS is a common bowel problem causing mild to severe discomfort that can include:

- Bloating
- Gassiness
- Stomach pain that comes and goes
- Changes in bowel habits

You may also experience diarrhea or constipation, or both. IBS with diarrhea is called IBS-D. With constipation it is called IBS-C, and when both diarrhea and constipation happen, it is called IBS-M, or mixed.

Who gets IBS?

IBS is common. As many as 1 in 5 people suffer from IBS.

Most people experience IBS-like symptoms now and then. Some people are at higher risk of their symptoms actually being caused by IBS:

- **Young.** Most people with IBS are under 45
- **Female.** IBS is twice as common in women as in men
- **Family history of IBS.** The risk may be tied to genetics, home environment, or both

How is IBS treated?

Treatments for IBS can vary widely, and most involve trial and error, because doctors aren’t certain what causes IBS. However, a drug is now available for some forms of IBS-D and IBS-M.

1 in 5 people suffer from IBS
Celiac disease

What is celiac disease?
Celiac disease is an immune disorder that often runs in families. When someone with celiac disease eats gluten, a protein found in many foods, the immune system attacks the intestinal lining. This prevents nutrients from being absorbed by the body, leading to malnutrition and related problems.

Some common symptoms of celiac disease:
- Diarrhea
- Weight gain or loss
- Itchy skin rash
- Bloating
- Constipation
- Growth failure (in children)
- Low red blood cell count

How is celiac disease treated?
The only treatment for celiac disease is a strict lifelong gluten-free diet, but it can be very successful at relieving symptoms.

Why getting tested matters
Testing is the only way to know if you have celiac disease. If left undiagnosed and untreated, the disease can cause a range of additional health problems, including thinning of bones, inability to get pregnant, failure to grow (in children), and cancer.

~83% of people affected by celiac disease are undiagnosed or misdiagnosed.
Feeling better starts with knowing—and knowing can start with testing

Testing from Quest Diagnostics could give you the knowledge you need to feel confident you’re doing what’s best for your health.

Count on fast, accurate test results from the world’s leading provider of diagnostic testing.

To learn more about IBS, visit QuestDiagnostics.com/IBSAnswers

To learn more about celiac disease, visit CeliacAnswers.com