

Medications and Food IgG Tests

Some medicines can have an effect on the results of a Food sensitivity test which is testing for the presence of IgG antibodies to food. It is important to be aware of this before taking the test.

Patients should not make any changes to their prescription medication without medical supervision

This list below is designed to provide patients and practitioners with a quick guide to common medicines and how they could affect a test for food IgG antibodies.

If you have any concerns about medicines being taken then please consult your doctor or pharmacist.

Medicine Category	Information	Can I do the test?
Asthma Inhalers	At this time we are not aware of any evidence of asthma inhalers having an effect on food IgG antibody levels.	YES
Antibiotics	There is no evidence that antibiotics have any effect on B or T cells, and hence no evidence that IgG antibody levels will be affected.	YES
Anti-Depressants	Research suggests that Lithium does have an effect on the immune system and can increase the levels of IgG produced by the body. The exact mechanism of this is unknown. Results may be elevated overall. Other types of anti-depressants, such as SSRI's, may have an effect on the immune system however this is not widely understood or quantified.	YES
Antihistamine Drugs	Use of antihistamine drugs (e.g. Claritin, Zyrtec, and Benadryl) will not affect IgG antibody testing as these tests measure immune response and not histamine levels. Therefore these tests can be carried out whilst taking anti-histamine medication.	YES
Blood Thinners e.g. warfarin	Taking a blood thinning agent or having a blood clotting disorder this should not affect the results as much but will affect the taking of the sample and may promote bleeding afterwards. If at all unsure check with medical practitioner or pharmacist. The test only requires a single finger-prick blood sample taken using a lancet similar to those used by diabetics for blood glucose readings.	YES Check with doctor before taking blood

Medicine Category	Information	Can I do the test?
Chemotherapy or Radiotherapy	Cancer treatment is often aggressive and puts a strain on the immune system and patient themselves.	NO
Immunosuppressant	These type of drugs are taken for a variety of reasons including following an organ transplant. By their nature they are designed to suppress the body's immune system. (see Steroids)	NO
Painkillers e.g. paracetamol, aspirin	At this time we are not aware of any evidence of over the counter painkillers having an effect on food IgG antibody levels.	YES
Steroids	<p>Steroid type drugs are designed to suppress the immune response and may be taken for wide selection of conditions and diseases. It is recommended that the blood sample for an IgG antibody test should not be taken until the patient has completed their treatment of drugs for 4-6 weeks. Conversely the test can be done if the client has only just started their medication and been taking the drugs for less than 4 weeks (as there will still be sufficient antibodies present to be detected)</p> <ul style="list-style-type: none"> • Medication for less than 1 month: Use results as reported. • Medication for 1-3 months: Results may be lower than expected. Use the top responding foods for diet modification regardless of category of response. • Medication is in place for > 3 months: It is unlikely that accurate results will be obtained for both FoodPrint and Food Detective, therefore the tests are not recommended. 	YES Depending on length of time taking medication
Vitamins and Supplements	Vitamins and food supplements do not have a direct effect on the immune response. However they may contain ingredients which the body will react to.	YES

Information above is for guidance only.

A medical professional should be consulted for further advice on the effects of medication.

Do not make any changes to medication prescribed without medical supervision

Always consult with a medical professional before changing the diet of patients with serious medical conditions

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