

**You're one
test away
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Genetic testing for lactose, fructose, and gluten intolerance

Who is it for?

Recommended for all people with **gastrointestinal symptoms** of unknown cause. This test is also for people with suspected **intolerance to lactose, fructose, or gluten**, as well as those with a history of proven food intolerance. The most common symptoms of intolerance to food are headache or stomachache, diarrhea, overweight, chronic fatigue, joint inflammation, and skin problems.

What does it involve?

Three genes are analyzed to see if they contain a mutation that is causing the person to be intolerant. With a simple blood sample, this test can establish whether one of these 3 types of food intolerance is behind the patient's GI symptoms.

Why is it advisable to have this test done?

The symptoms of intolerance to gluten, lactose, and fructose are very similar. This genetic test pinpoints which type of intolerance the patient has, allowing specialists to adapt the patient's diet to their personal circumstances with quick, accurate results. A customized diet helps the patient avoid the foods that are causing them harm and offers alternative food sources to make up for the offending food so the patient can have a balanced and nutritional diet.

This test is outsourced to an external laboratory, which will assume liability over the test results and the information on these results given to patients.



Quirónsalud Patient Portal

Access test results and manage your appointments at quironsalud.es or by downloading our app.

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