

EFFICACY OF A DESIGNED KIT FOR THE DIAGNOSIS OF NON-CELIAC GLUTEN SENSITIVITY AND GLUTEN-RELATED SYMPTOMS

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UEG Week Copenhagen 2023

Poster

Small Intestine & Nutrition

October 15, 2023

A self-administered blind gluten challenge test (Test33) with mobile app support was evaluated for diagnosing non-celiac gluten sensitivity, showing that 9.1% of participants met stringent diagnostic criteria after completing the full challenge protocol.

KEY POINTS

- Test33 is a commercially-available kit containing undistinguishable gluten and placebo capsules with a mobile app that guides patients through a self-administered blind challenge and symptom assessment using 33 visual analogue scales.
- Of 107 enrolled participants, 97 (91%) completed a three-week gluten-free diet phase with 96.9% reporting significantly improved gastrointestinal and extra-intestinal symptoms, and 88 (82%) completed the entire blind crossover challenge.
- During blind gluten ingestion (5.6 g/day for seven days), participants experienced significantly worse general well-being and worsening of five gastrointestinal symptoms including abdominal pain, constipation, meteorism, bloating, and fullness, plus 13 of 22 extra-intestinal symptoms, compared to placebo.
- Initial NCGS diagnosis was made in 54.6% after the gluten-free diet phase, but confirmed NCGS diagnosis using the more stringent criterion was achieved in only 8 of 88 patients (9.1%) who completed the challenge.
- The authors suggest Test33 may be useful for assessing gluten-related symptoms with reduced time and staff requirements compared to traditional food challenges in clinical practice.

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