What Blood Tests Do Doctors Use to Help Them Diagnose Alpha-gal Syndrome?

Alpha-gal IgE

The main test that doctors use to help them diagnose alpha-gal syndrome is a blood test for galactose-alpha-1,3-galactose (alpha-gal) specific IgE (sIgE).

- In the U.S., this test is available via Viracor Eurofins Clinical Diagnostics, but unless a provider has a contract with Viracor (and few do) they will typically send patients to a commercial lab, like Quest or Labcorp, which forward samples to Viracor to be tested.
- Many physicians struggle to find the test codes for the alpha-gal IgE blood test. Use the links below to double-check the codes provided (in case they change) and take a copy of this document with you to your appointment.
- Quest Galactose-alpha-1,3-galactose (Alpha-gal) IgE: 10554
- Labcorp Galactose-alpha-1,3-galactose (Alpha-gal) IgE Test Code: 650001

The Alpha-gal Panel

Sometimes healthcare providers order the alpha-gal IgE test as part of an Alpha-gal Panel that includes tests for beef, pork, and lamb as well. Experts do *not* recommend the routine use of the full Alpha-gal Panel for the diagnosis of alpha-gal syndrome, as the results can confuse both patients and physicians. However, in certain cases, the additional tests can be helpful.

- As with the Alpha-gal IgE codes, physicians often struggle to find the correct codes for the Alpha-gal Panel.
- Quest Alpha-gal Panel Test Code: 10555
- Labcorp Alpha-gal IgE Panel Test Code: 650003

Total IgE

Total IgE is also sometimes checked, as in some cases, the ratio of alpha-gal IgE to total IgE can be clinically significant.

The Wrong Test

Unfortunately, *very often* the wrong blood test is performed. The test below is NOT the right test for diagnosing alpha-gal syndrome. It's for diagnosing another condition, Fabry disease.

- ~~Alpha-Galactosidase~~ — this is the wrong test!

- ~~α-Galactosidase A Deficiency~~— this is the wrong test!

More information

For references and more information, see the Alpha-gal Information website:
https://alphagalinformation.org/