

# Clinical Testing Suggestions

For chronic illnesses (**CFS, FMS, RA, Lupus, neurodegenerative diseases, among other illnesses**) that could have an infectious component, The Institute for Molecular Medicine suggests the following lab tests (codes are CPT codes or test description/ordering codes):

**1. Mycoplasma Test Panel (CPT: 87581)**—*Mycoplasma* species tested by PCR. This is a Mycoplasma test on over 20 *Mycoplasma* species. Alternatively, the most common species of *Mycoplasma* (*M. pneumoniae*, *M. fermentans*, *M. hominis*, *M. genitalium*, *M. penetrans*) can also be ordered as individual tests. **Justification:** Almost 60% of CFS/FMS and 50% of Rheumatoid Arthritis (RA) and 50% other autoimmune patients have one or more intracellular, systemic mycoplasmal infections similar to those found in a variety of chronic illnesses [Nicolson et al. Mycoplasmal infections in chronic illnesses: Fibromyalgia and Chronic Fatigue Syndromes, Gulf War Illness, HIV-AIDS and Rheumatoid Arthritis. *Medical Sentinel* 1999; **5**: 172-176]. Ultrasensitive and ultraspecific mycoplasma tests can only be done by a small number of labs. **Recommended Labs: Clongen Laboratories**, 211 Perry Parkway, Gaithersburg, MD 20877; Tel: 301-916-0175; 877-Clongen; Fax: 301-916-0175; customer support: [cs@clongen.com](mailto:cs@clongen.com) Test description and order forms can be downloaded directly from their site: <http://www.clongen.com> **K53 Laboratories**, 503 Clovis Road., Shallowater, TX 79363; Tel: 806-885-2929, Fax: 806-885-2933. K53 uses a more global approach to detecting several infections at the same time, but they do not offer separate specific tests for infections like *Mycoplasma*, *Chlamydia*, etc. **Specimen Requirements:** Contact laboratory for a specimen kit and instructions for shipment. We recommend overnight courier shipment.

**2. Chlamydia pneumoniae Test (CPT: 87486)**—*Chlamydia pneumoniae* tested by PCR. **Justification:** Many CFS, FMS, MS, RA and other patients have this systemic infection along with viral infection(s). We were among the few labs that developed the molecular tests that are now done for this type of infection. **Recommended Labs: Clongen Laboratories**, 211 Perry Parkway, Gaithersburg, MD 20877; Tel: 301-916-0175; 877-Clongen; Fax: 301-916-0175; customer support: [cs@clongen.com](mailto:cs@clongen.com) Test description and order forms can be downloaded directly from their site: <http://www.clongen.com> **K53 Laboratories**, 503 Clovis Road., Shallowater, TX 79363; Tel: 806-885-2929, Fax: 806-885-2933. K53 uses a more global approach to detecting several infections at the same time, but they do not offer separate specific tests for infections like *Mycoplasma*, *Chlamydia*, etc. **Specimen Requirements:** Contact laboratory for a specimen kit and instructions for shipment. We recommend overnight courier shipment.

**3. Lyme Borrelia burgdorferi Test (CPT: 86617)**—*Borrelia burgdorferi* (Lyme Disease) by Western Blot analysis. **Justification:** Many CFS, FMS and RA patients have this systemic infection (diagnosed as Lyme Disease) along with other co-infection(s) (Nicolson et al. Chronic Fatigue Syndrome patients subsequently diagnosed with Lyme Disease *Borrelia burgdorferi*: evidence for *Mycoplasma* species co-infections. *J Chronic Fatigue Syndr* 2008; **14**(4):5-17. Recommended Lab: IGeneX Laboratories of Palo Alto, CA (<http://www.igenex.com/>). **Specimen Requirements:** Contact laboratory for a specimen kit. Collect in Red Top Tube, separate, and send in clear tube. Store in Refrigerator until shipment. **Ship within one day of collection** at Room Temperature.

**4. HHV-6 Test (CPT: 87532)**—Human herpes virus 6 (HHV-6) test by PCR. **Justification:** Many CFS and some FMS patients have this systemic viral infection, and it should be tested for in any autoimmune illness (Nicolson et al. Multiple co-infections (*Mycoplasma, Chlamydia, Human Herpesvirus-6*) in blood of chronic fatigue syndrome patients: association with signs and symptoms. *Acta Pathol Microbiol Immunol Scand* 2003; **111**: 557-566). **Recommended Lab: Clongen Laboratories**, 211 Perry Parkway, Gaithersburg, MD 20877; Tel: 301-916-0175; 877-Clongen; Fax: 301-916-0175; customer support: [cs@clongen.com](mailto:cs@clongen.com) Test description and order forms can be downloaded directly from their site: <http://www.clongen.com>

**5. CMV Test 07034 (CPT: 87496)**—Cytomegalovirus (CMV) test by PCR. **Justification:** Many CFS and FMS patients have this systemic viral infection, and it should be tested for in any autoimmune illness. **Recommended Lab: Clongen Laboratories**, 211 Perry Parkway, Gaithersburg, MD 20877; Tel: 301-916-0175; 877-Clongen; Fax: 301-916-0175; customer support: [cs@clongen.com](mailto:cs@clongen.com) Test description and order forms can be downloaded directly from their site: <http://www.clongen.com>

Tests must be ordered by a physician, and tests must be pre-paid or pre-approved by an insurance carrier (private insurance or Medicare, Medicaid or Medical). The Institute for Molecular Medicine website is [www.immed.org](http://www.immed.org). On this site you will find publications and documents on CFS/ME, FMS, autoimmune diseases and other chronic illnesses.

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