PANDAS and PANS is a clinical diagnosis based on the collection of signs, symptoms, medical history, and laboratory findings that cannot be explained by any other neurological or medical disorders. Currently, there is not a 100% definitive test for PANDAS or PANS.

**BASIC BLOOD WORK:**
- IgE
- IgA
- IgM
- IgG (subclass 1, 2, 3, 4)
- CBC
- ANA
- Ferritin
- B-12
- Vitamin D

**VIRAL/BACTERIAL TESTING:**
- Strep throat culture (48 hour culture or perianal culture)
- Antistreptolysin O (ASO)
- Anti dNase B
- Streptozyme
- Mycoplasma Pneumoniae IgA & IgM
- Lyme Disease and co-infections
- Pneumococcal Antibody Titers
- Epstein Barr Virus Panel
- Coxsackie A & B Titers
- HHV-6 Titers

**ADDITIONAL TESTING:**
- Cunningham Panel (autoimmune autoantibody levels:
  - Dopamine D1 receptor, Dopamine D2L receptor,
  - Lysoganglioside GM1, Tubulin, & CaM Kinase II)

If you suspect your child has PANDAS or PANS, in addition to the labs listed above, completing the symptom scales (pandasnetwork.org/diagnosis/) can help aid your medical provider in making a proper diagnosis.