Suggested Medical Tests



Here is a list of recommended laboratory tests for individuals suffering from an eating disorder.

Standard

Complete Blood Count (CBC) with differential

Urinalysis

Complete Metabolic Profile: Sodium, Chloride, Potassium, Glucose, Blood Urea Nitrogen, Creatinine, Total Protein, Albumin, Globulin, Calcium, Carbon Dioxide, AST, Alkaline Phosphates, Total Bilirubin

□ Serum magnesium

□ Thyroid Screen (T3, T4, TSH)

□ Electrocardiogram (ECG)

Special Circumstances

15% or more below ideal body weight (IBW)

Chest X-Ray
Complement 3 (C3)
24 Creatinine Clearance
Uric Acid

20% or more below IBW or any neurological sign

🛛 Brain Scan

20% or more below IBW or sign of mitral valve prolapse

Echocardiogram

30% or more below IBW

□ Skin Testing for Immune Functioning

Weight loss 15% or more below IBW lasting 6 months or longer at any time during course of eating disorder

Dual Energy X-Ray Absorptiometry (DEXA) to assess bone mineral density
 Estadiol Level (or testosterone in males)

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