

## 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
- Estradiol Level (or testosterone in males)