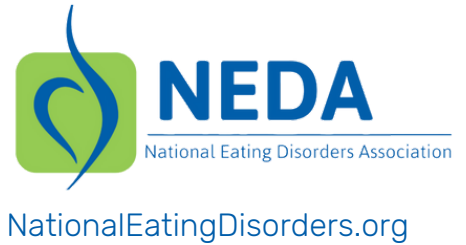


SUGGESTED MEDICAL TESTING FOR EATING DISORDERS



Here is a list of recommended laboratory tests for individuals with an eating disorder that you can share with your medical provider.

STANDARD:

- Complete Blood Count (CBC) with differential
- Urinalysis
- Complete Metabolic Profile: Sodium, Chloride, Potassium, Carbon Dioxide, Glucose, Blood Urea Nitrogen, Creatinine
- Total Protein, Albumin, Calcium, AST, ALT, Alkaline Phosphatase, Total Bilirubin
- Serum magnesium and phosphorus
- Thyroid Screen (T3, T4, TSH)
- Electrocardiogram (ECG)

20% OR MORE BELOW IBW OR ANY NEUROLOGICAL SIGN

- Brain Imaging

20% OR MORE BELOW IBW OR SIGN OF MITRAL VALVE PROLAPSE

- Echocardiogram

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
- Sex hormone levels (estrogen, testosterone)

Reviewed by Kim Dennis, MD, NEDA Clinical Advisor

Scan QR code to learn about the medical evaluation process for an eating disorder:

