

Laboratory Assessments for Clients with Eating Disorders

Assessment	Condition
Basic analyses	
Blood chemistry studies	Consider for all clients with eating disorders
Urea and Electrolytes	
Thyroid function test	
Full Blood Examination (FBE)	
Erythrocyte Sedimentation Rate (ESR)	
Additional analyses	
Blood chemistry studies	Consider for malnourished and severely symptomatic clients
Calcium level	
Magnesium level	
Phosphorus level	
Liver function tests	
Electrocardiogram	
Osteopenia and osteoporosis assessments	
Dual-energy X-ray absorptiometry (DEXA)	Consider for clients underweight more than 6 months
Estradiol level	
Testosterone level in males	
Non-routine assessments	
Serum amylase level	Consider only for specific indications Possible indicator of persistent or recurrent vomiting
Luteinising hormone (LH) and follicle-stimulating hormone (FSH) level	For persistent amenorrhoea at normal weight
Brain magnetic resonance imaging (MRI) & computed tomography (CT)	For ventricular enlargement correlated with degree of malnutrition
Stool	Occult blood loss; suspected surreptitious laxative abuse

(Adapted from American Psychiatric Association 2000)