

## Blood tests after a sleeve: Why, when & what?!

The [American Society of Metabolic and Bariatric Surgery \(ASMBS\) guidelines](#) for the nutritional management of weight loss surgery patients provides a list of labs to be checked before and after bariatric surgery with each stage outlined below. Please bear in mind, there is some variation between medical teams and health care systems therefore some tests they won't order unless [physical symptoms of a deficiency](#) are present. There are also additional tests that may be done to further investigate deficiency.

	<b>Pre-Op</b>	<b>2 Months Post</b>	<b>6 Months Post</b>	<b>12 Months Post &amp; Annually</b>
General	Full Blood Count EUC Liver Function Lipids HbA1c Albumin CRP	Full Blood Count EUC Liver Function Lipids HbA1c Albumin CRP	Full Blood Count EUC Liver Function Lipids HbA1c Albumin CRP	Full Blood Count EUC Liver Function Lipids HbA1c Albumin CRP
B Vitamins	Thiamine Serum B12 (Cobalamin) Serum Folate Serum MMA Homocysteine	Serum B12 (Cobalamin) Serum Folate Serum MMA Homocysteine	Serum B12 (Cobalamin) Serum Folate Serum MMA Homocysteine	Thiamine Serum B12 (Cobalamin) Serum Folate Serum MMA Homocysteine
Iron	TIBC Serum Iron Ferritin Transferrin Transferrin Saturation	TIBC Serum Iron Ferritin Transferrin Transferrin Saturation	TIBC Serum Iron Ferritin Transferrin Transferrin Saturation	TIBC Serum Iron Ferritin Transferrin Transferrin Saturation
Vitamin D & Calcium*	PTH 25(OH)D Serum Calcium	PTH 25(OH)D Serum Calcium	PTH 25(OH)D Serum Calcium	PTH 25(OH)D Serum Calcium
Other Vitamins	Vitamin A Vitamin E** Vitamin K**			Vitamin A Vitamin E** Vitamin K**
Other Minerals	Zinc** Serum or Plasma Copper** Selenium**			Zinc** Serum or Plasma Copper** Selenium**

\*Calcium deficiency is difficult to test, and serum calcium is not a good measure of bone stores. A DEXA or BMD scan should be completed every 2 years to look for reduction in bone mineral density. \*\*Vitamin E, Vitamin K, Zinc, and copper are only required when there are physical symptoms of deficiency.