

## Monitor Nutrient Levels

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### Labs

It is critical that you adhere to a follow-up visit schedule and lab draws in order to detect and treat any nutritional deficiencies. If prevented or caught early, they can be treated. But left to their own devices, nutrient deficiencies can be life changing or debilitating. Be your own advocate, and use the following as a guide.

#### 1 month

Comprehensive Metabolic Panel w/o EGFR  
CBC w/auto diff  
Vitamin B12 \*Medicare limit 1/yr  
Vitamin D, 25 Hydroxy \*Medicare limit 1/yr  
Magnesium (serum)

Iron, Total  
Ferritin  
PTH, intact (without calcium)  
Uric Acid  
Vitamin B1 (whole blood) \*Medicare limit 1/year

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#### 6 month

Comprehensive Metabolic Panel w/o EGFR  
CBC w/auto diff  
Vitamin B12 \*Medicare limit 1/yr  
Vitamin D, 25 Hydroxy \*Medicare limit 1/year  
Vitamin B1 (whole blood) \*Medicare limit 1/yr  
Vitamin C  
Magnesium (serum)  
Iron, Total  
Ferritin

PTH, intact (without calcium)  
Uric Acid  
MMA (serum)

#### Other:

- Lipid Panel (Hyperlipidemia)
- Hemoglobin A1c (DM)
- Vitamin K (bruising, bleeding)
- Zinc (fatigue, chronic diarrhea)

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#### Annual

Comprehensive Metabolic Panel w/o EGFR  
CBC W/Auto Diff  
Vitamin B12 \*Medicare limit 1/yr  
Vitamin D, 25 Hydroxy \*Medicare limit 1/year  
Vitamin B1 (whole blood) \*Medicare limit 1/yr  
Vitamin C  
Magnesium (serum)  
Iron, Total  
Ferritin  
PTH, intact (without calcium)  
Folate  
MMA (serum)

#### Other:

- Hemoglobin A1c (DM)
- Lipid Panel (Hyperlipidemia)
- Vitamin K (bruising/bleeding)
- Selenium (neurologic symptoms)

#### Bypass or DS:

- Vitamin A
- Zinc
- Copper