

Not to be construed as medical advice. This list includes labs we have performed as gastric bypass patients. [www.Vitalady.com](http://www.Vitalady.com)

**1st Group (Every 3 to 6 months for life, as we are able)**

- \* 8005 Comprehensive Metabolic profile: (sodium, potassium, chloride, glucose, BUN, creatinine, calcium, total protein, albumin, total bilirubin, alkaline phosphatase, aspartate aminotransferase) 10231)
- \* 7600 Lipid profile: (cholesterol, HDL, LDL, triglycerides, chol/HDL ratio)
- \* 84100 Phosphorous – Inorganic: (718)
- \* 84550 Uric Acid: (905)
- \* 85025 Hemogram with platelets: (1759)
- \* 83550 Ferritin: (457)
- \* 84446 Vitamin A: (921)
- \* 84052 Vitamin B-1: (Thiamin) (4052)
- \* 7065 Vitamin B-12 & Folate: (82607; 82746)
- \* 83937 Osteocalcin:
- \* 85610 PT:
- \* 86141 C Reactive Protein
- \* 84134 Pre-albumin:
- \* 10256 Hep panel: includes ALT (SPGT) & GGT)
- \* 83735 Magnesium:
- \* 7444 Thyroid panel: (T3U, T4, FTI, TSH) (84437; 84443; 84479; 84480)
- \* 7573 Iron: TIBC, % sat
- \* 84630 Zinc: (945)
- \* 8230 Vitamin D: (25-hydroxy) (680)
- \* 84207 Vitamin B-6: (Pyridoxine)
- \* 83970 Serum intact: PTH (Parathyroid Hormone)
- \* 84597 Vitamin K:
- \* 85730 PTT:

**2ND GROUP (Annually, as long as the results were comfortably within normal limits for more than 2 years in a row)**

- \* 593 LDH:
- \* 83921 MMA:
- \* 84255 Selenium:
- \* 82525 Copper:
- \* 31789 Homocysteine, Cardio:
- \* 367 Cortisol:
- \* 84590 Vitamin E:

**For diabetics:**

- \* 496 HEMOGLOBIN A1C

**POSSIBLE DIAGNOSIS CODES**

- 269.2 Hypovitaminosis
- 269.8 Vitamin D deficiency
- 275.40 Calcium deficiency

266.2 Cyanocobalamin deficiency (B12)  
 281.1 other B12 deficiency anemia  
 281.0 Pernicious anemia  
 280.9 Iron-deficiency anemia  
 281.2 Folate deficiency anemia  
 285.9 Anemia, unspecified  
 269.3 Zinc deficiency  
 244.9 Hypothyroidism  
 250.0 Diabetes  
 401.9 Hypertension  
 276.9 Electrolyte and fluid disorders  
 272.0 Hypercholesterolemia  
 \* 579.3 Surgical malabsorption\*  
 \* 579.8 Intestinal malabsorption \*

\* Bands or sleeves should not use these codes as they are not accurate.

\* Some insurance companies will not pay for any procedure that uses these codes.

**This is NOT medical advice, just my own targets for the main blood levels I watch.**

Protein: 7's  
 Albumin: 4's  
 Pre-Albumin: 20-30's  
 Iron: 80-100  
 Ferritin: 200-300  
 HGB: 12+  
 HCT: 36+  
 Vit A: 60- 80  
 Vit D: 80-120  
 Calcium: 9.0-9.4  
 PTH: 20-40  
 Vit B1: Mid to top of range  
 Vit B6: Mid to top of range  
 Magnesium: Mid range (but also go by if we have leg/foot cramping)  
 Zinc: Mid range  
 Vit B12: 1000 +  
 Folate: Top of range 20  
 AST (sgot): Below 40  
 ALT (sgpt): Below 40

We usually want to "meet or beat" pre-op levels. In some cases, higher is better, and in other cases (Cholesterol, PTH for example), lower is better.

The only things I personally don't mind being on the high end of "out of range" are Ferritin and B12. But that applies to me.

My doctors don't show interest in any of these until I am out of range. I am interested when I begin heading that direction.