

Dear Patient,

Thank you for attending our orientation class. To assess your surgical eligibility, you need to complete preoperative blood work. Please complete the blood work below at least six weeks before your first nursing appointment at the Bariatric Assessment Clinic.

Please take this handout to your family doctor (PCP) or nurse practitioner so that they can complete a blood work requisition that you can bring to any local lab.

**Required items to be tested:**

- Hemoglobin A1C (HbA1C)
- Serum iron
- Potassium
- Sodium
- Vitamin B 12
- Creatinine
- eGFR
- Alanine Transaminase (ALT)
- Albumin
- Lipid assessment:
  - High-Density Lipoprotein (HDL)
  - Low-Density Lipoprotein (LDL)
  - Triglycerides
  - Cholesterol
- Complete Blood Count (CBC)
- Vitamin D (25-Hydroxy) \*Please indicate on the form that the patient meets OHIP eligibility criteria
- Thyroid Stimulating Hormone (TSH)
- Ferritin
- Helicobacter Pylori (H. Pylori)

If you have any questions, please feel free to contact the Bariatric Assessment Clinic at 416-603-5800 ext. 6145.

Sincerely,

Bariatric Assessment Clinic  
Toronto Western Hospital