

Potential Laboratory Tests for Some Psychiatric Symptoms ¹	
If the patient presents with...	Rule out...
Depression, fatigue, or weight gain	Hypothyroidism (TSH ²)
Rapid-cycling bipolar disorder	Hypo- or hyperthyroidism (TSH ²)
Episode of depression that emerged while on lithium prophylaxis	Hypothyroidism (TSH ²)
Restless or non-refreshing sleep, daytime sleepiness or fatigue, or depression	Sleep apnea (polysomnography)
Restless leg syndrome	Iron deficiency (serum ferritin)
Manic symptoms without a prior or family history of bipolar disorder	Abuse of amphetamines (urine drug screen)
Suspected alcohol abuse	Occult abuse of alcohol (GGT ³)

¹ Tests should be ordered selectively, and are particularly appropriate for patients who are treatment-resistant and who have unexplained somatic symptoms (see text for more guidance).

² TSH=thyroid Stimulating Hormone

³ GGT=serum gamma glutamyltransferase. If only GGT is elevated or if elevation of GGT is disproportionately greater than that of other liver enzymes, this is suggestive of alcohol abuse or of alcoholic liver disease.

From the full article:
“Before You Write That Prescription: Guidelines for Ordering Lab Tests”
 by **Rajnish Mago, MD**
The Carlat Report, Volume 13, Number 11&12, November and December 2015
www.thecarlatreport.com