





## BULIMIA NERVOSE (NORMAL WEIGHT OR ABOVE)

### Classification:

Normal or above normal weight  
 Binge eating at least 2x/week  
 May be restricting food intake between binge episodes  
 Compensates for binge episodes by purging (induced vomiting, laxative abuse, diuretic abuse, etc...)  
 May or may not be exercising

### Initial Appointment:

#### 1) Blood work:

- |                                       |                                     |   |                                      |
|---------------------------------------|-------------------------------------|---|--------------------------------------|
| <input type="checkbox"/> CBC & Diff   | <input type="checkbox"/> Phosphorus | <input type="checkbox"/> ALT                  | <input type="checkbox"/> Albumin     |
| <input type="checkbox"/> ESR          | <input type="checkbox"/> Glucose    | <input type="checkbox"/> GGT                  | <input type="checkbox"/> Amylase     |
| <input type="checkbox"/> Electrolytes | <input type="checkbox"/> Urea       | <input type="checkbox"/> Alkaline Phosphatase | <input type="checkbox"/> RBC Folate  |
| <input type="checkbox"/> Calcium      | <input type="checkbox"/> Creatinine | <input type="checkbox"/> Bilirubin            | <input type="checkbox"/> Vitamin B12 |
| <input type="checkbox"/> Magnesium    | <input type="checkbox"/> AST        |   | <input type="checkbox"/> TSH         |

#### 2) Urinalysis:

#### 3) ECG:

#### 4) Consider:

- Hormonal Studies
- Bone Density (risk of fracture, motivational purposes)

### Follow Up:

Review frequency of Binge/Purge episodes  
 Monitor electrolytes; high level of purging necessitates more frequent blood work  
 Use blood work results to educate patients regarding risk of certain purging strategies  
 suggest ways to minimize risk (e.g. eating a banana or drinking Gatorade after purging)  
 Based on rate of weight loss, can reduce to 4 weeks if appears quite stable

## WHEN TO REFER TO EMERGENCY SERVICES...

You must consider your patient's prior history and use your judgment. However, below are some suggestions based on the A.P.A. practice guidelines for adult patients with eating disorders

- Heart rate <40 bpm (children & adolescents rate in 40's)
- Arrhythmia or Prolongation of QT interval
- Blood Pressure <90/60 mm Hg (children & adolescents 80/50 mm Hg)
- Glucose <3.3 mmol/L
- K <3.0 mmol/L
- Electrolyte imbalance
- Temperature <36 Celsius (consider in light of other symptoms)
- Dehydration
- Suicidality (particularly with intent and plan)