

## Baseline Testing and Evaluation of Patients with ME/CFS, FM, and Long COVID

- ME/CFS, FM, and related disorders are not diagnoses of exclusion and do NOT require an exhaustive workup
- Patients require an appropriate but limited workup to make a diagnosis
- Using pre-printed diagnostic criteria checklist can be helpful
- Initial evaluation should include:
  - History
  - physical examination
  - Limited medical work-up
  - Age-appropriate malignancy screening
  - OSA screen (e.g., STOP BANG questionnaire)
- The initial evaluation provides a differential diagnosis and identifies possible co-existing conditions that need to be ruled-out (e.g., 50-year-old male patient with FM and significant chest pain also needs a cardiac workup)
- Major categories in the differential diagnosis include:
  - Malignancy
  - Infection
  - Endocrine
  - Connective Tissue Disease
  - Psychiatric

### Screening blood work

- CBC + diff
- Lytes, urea, creatinine
- Mg, Phos, Ca
- Fasting blood sugar
- CRP
- Liver tests: AST, ALT, GGT, ALP, bilirubin, albumin
- CK
- TSH
- Ferritin
- Urinalysis
- HIV
- HBV
- HCV
- FIT test

Note: ANA is not recommended as a screening test

Based on the initial evaluation, other testing may be considered but is not usually required