

QUICK REFERENCES LAB VALUES

Red Blood Count / Erythrocytes	Male ~ 4.6 -6.2 million/ μ L or cubic mm Female ~ 4.2 -5.4 million/ μ L or cubic mm Child ~ 3.8 - 5.6 million/ μ L or cubic mm
White Blood Count / Leukocytes	Adult ~ 5,000-10,000/ μ L or cubic mm Child ~ 5,000-13,000/ μ L or cubic mm
Platelet Count	200,000 - 450,000 Lakhs/ cubic mm
Hemoglobin	Male ~ 13 - 18 g/dL Female ~ 12 - 16 g/dL Child 11-12.5 g/dL
Hemoglobin A1c Glycosylated Hemoglobin (HbA1C): Life of RBC is 3 months so glucose attached to heme is measured to determine long term control of blood sugar over the past 3 months	2.5 - 6 %
Hematocrit Measures % of RBC per volume	Male ~ 42% - 52% Female ~ 35% - 47% Child (3-12 yrs) 35% - 45%
Iron	60 - 160 μ g/dL
Partial Thromboplastin Time (PTT) or (aPTT) Monitor Heparin effects / detect coagulation disorders	Lower limit of normal 20 - 25 seconds Mid range of normal 26 - 31 seconds Upper limit of normal 32 - 39 seconds
Erythrocyte Sedimentation Rate (ESR) The rate which RBCs settle Indicates acute inflammation or infection	10-20 mm/hr

Albumin Assess liver or kidney function and nutritional status main transport protein significant for plasma oncotic pressure and fluid volume	3.5 - 5 g/dL
Total Proteins	6.0 - 8.4 g/dL
Lipids / Triglycerides	Normal 40 - 150 mg/dL Borderline High 150 - 200 mg/dL High 200 - 500 mg/dL Very High > 500 mg/dL
Total Cholesterol	Desirable < 200 mg/dL Border Line High 200 - 240 mg/dL High >240 mg/dL
LDL / Low Density Lipoproteins	Optimal < 100 mg/dL Near Optimal 100-129 mg/dL Borderline High 130-159 mg/dL High 160-189 mg/dL Very High > 190 mg/dL
HDL / High Density Lipoproteins	Desirable > 60 mg/dL Acceptable 40 - 60 mg/dL Low < 40 mg/dL
Thyroid Stimulating Hormone (TSH)	0.4 - 4.2 μ units/ml older adults 0.5-8.9 μ units/ml
Total Thyroxine (T4)	4.5 - 12.5 μ g/dL
Triiodothyronine, Free (T3)	2.6 - 4.8 pg/mL
Prostate Specific Antigen (PSA)	0 - 4 ng/mL may increase with age
BUN / Blood Urea Nitrogen BUN to Creatinine ratio should be from 15:1 to 24:1	8 - 21 mg/dL
Uric Acid	Male 250-800 mg/24 hr collection Female 250-750 mg/24 hr collection
Urine - pH	4.5 - 8

Urine - Specific Gravity	1.01 - 1.030
Urine - Protein	< 20 mg/dL None is better
Urine - (the negatives) Any positive for these is abnormal Glucose, Ketones, Hemoglobin, Bilirubin, Nitrite, Leukocyte Esterase.	
Liver Enzyme - ALT (SGPT) Elevated when liver damaged or diseased	Male ~ 10 - 40 units/L Female ~ 7-35 units/L
Liver Enzyme - AST (SGOT) Elevated when liver damaged or diseased	Male ~ 10 - 40 units/L Female ~ 15 -35 units/L

Curtesy- Navodaya College of Nursing, Raichur.