

"Need to Know" LAB Values

Serum Electrolytes

Sodium (Na ⁺): 135-145mEq/L	Magnesium (Mg ⁺): 1.3-2.4mEq/L-----Critical <0.5 or >3.0
Potassium (K ⁺): 3.5-5.0mEq/L	Phosphorus (PO ₄): 2.5-4.5mg/dL
Calcium (Ca ⁺): 6.2-10.5mg/dL	Chloride (Cl): 97-108mEq/L

Serum Glucose Levels

Serum Glucose: 70-110mg/dL
HgbA1C: <6% (>8% indicates poor DM control)

Complete Blood Count

RBC: (Male 4.5-6.0) (Female 4.0-5.4)	Neutrophils: 2,500 – 8,000 (absolute count)
Hgb: (Male 14-18) (Female 12-16)	Lymphocytes: 1,000 – 4,000 (absolute count)
Hct: (Male 40%-50%) (Female 37%-47%)	Platelets: 150,000-400,000/mm ³
WBC: 5,000-10,000/mm ³	
Erythrocyte Sedimentation Rate (ESR): less than 20mm/hr	

Renal Function

BUN: 10-20mg/dL
Serum Creatinine: 0.6-1.2mg/dL
Creatinine Clearance: 85-135

Blood Lipid Levels

Total Serum Cholesterol: desirable <200mg/dL; risk for cardiac or stroke event with levels >150mg/dL (target range for therapy and has been shown to be the cut point to decrease cerebrovascular or arterial incidences).
LDL (Low-Density Lipids): desirable <130mg/dL
HDL (High-Density Lipids): desirable >35mg/dL; *(Males 35-65mg/dL) (Females 35-80mg/dL)
Triglycerides: desirable <150mg/dL; *(Males 40-160mg/dL) (Females 35-135mg/dL)

Coagulation Profile

PT: 9-12sec.
PTT: 20-40sec.
INR: Normal: 0.7-1.8sec. Therapeutic INR: 2-3sec.

B-type Natriuretic Peptide (BNP) Blood Test

BNP levels below 100 pg/mL indicate no heart failure.
BNP levels of 100-300 pg/mL suggest heart failure is present.
BNP levels above 300 pg/mL indicate mild heart failure.
BNP levels above 600 pg/mL indicate moderate heart failure.
BNP levels above 900 pg/mL indicate severe heart failure

Liver Function Test

Pre-Albumin: 18-45	Total Protein: 6.0-8.5g/dL
Albumin: 3.5-5g/dL	AST: (Male 14-20) (Female 10-36)
Ammonia: 15-45mcg/dL	ALT: 7-57
Total Bilirubin: 0.1-1.9	