

# LAB VALUE CHEAT SHEET

## VITAL SIGNS

- Blood pressure
  - Systolic: 120 mmHg
  - Diastolic: 80 mmHg
- Heart Rate: 60 - 100 BPM
- Respirations: 12 - 20 Breaths per min
- Oxygen: 95% - 100%
- Temperature: 97.8 °F - 99 °F



## BASAL METABOLIC PANEL (BMP)

- Sodium: 135 - 145 mEq/L
- Potassium: 3.5 - 5.0 mEq/L
- Chloride: 95 - 105 mEq/L
- Calcium: 9 - 11 mg/dL
- BUN: 7 - 20 mg/dL
- Creatinine: 0.6 - 1.2 mg/dL
- Albumin: 3.4 - 5.4 g/dL
- Total protein: 6.2 - 8.2 g/dL

## RENAL

- Calcium: 9 - 11 mg/dL
- Magnesium: 1.5 - 2.5 mg/dL
- Phosphorus: 2.5 - 4.5 mg/dL
- Specific gravity: 1.010 - 1.030
- GFR: 90 - 120 mL/min/1.73 m<sup>2</sup>
- BUN: 7 - 20 mg/dL
- Creatinine: 0.6 - 1.2 mg/dL



## LIVER FUNCTION TEST (LFT)

- ALT: 7 - 56 U/L
- AST: 5 - 40 U/L
- ALP: 40 - 120 U/L
- Bilirubin: 0.1 - 1.2 mg/dL



## LIPID PANEL

- Total cholesterol: <200 mg/dL
- Triglyceride: <150 mg/dL
- LDL: <100 mg/dL → Bad cholesterol
- HDL: >60/dL → Happy cholesterol

## HbA1c

- Non-diabetic: 4 - 5.6%
- Pre-diabetic: 5.7 - 6.4%
- Diabetic: > 6.5% (GOAL for diabetic: < 6.5%)



## PANCREAS

- Amylase: 30 - 110 U/L
- Lipase: 0 - 150 U/L



## ABG'S

- PH: 7.35 - 7.45
- P<sub>a</sub>CO<sub>2</sub>: 35 - 45 mmHg
- P<sub>a</sub>O<sub>2</sub>: 80 - 100 mmHg
- HCO<sub>3</sub>: 22 - 26 mEq/L



REMEMBER  
ROME

Respiratory  
Opposite  
Metabolic  
Equal

## COAGs

- PT: 10 - 13 sec
- PTT: 25 - 35 sec
- aPTT: 30 - 40 sec (heparin)
- INR
  - NOT ON Warfarin < 1 sec
  - ON Warfarin 2 - 3 sec

## COMPLETE BLOOD COUNT (CBC)

- WBC: 4,500 - 11,000
- RBC's: 4.5 - 5.5
- PLT: 150,000 - 450,000
- Hemoglobin (Hgb)
  - Female: 12 - 16 g/dL
  - Male: 13 - 18 g/dL
- Hematocrit (HCT)
  - Female: 36% - 48%
  - Male: 39% - 54%



	Measured WBC	Therapeutic Range:	Antidote
HEPARIN	aPTT	1.5 - 2.0 x normal "control" value	Protamine Sulfate
WARFARIN	PT/INR	1.5 - 2.0 x normal "control" value	Vitamin K

\*The higher these numbers = higher chance of bleeding

## OTHER

- MAP: 70 - 100 mmHg
- ICP (intracranial pressure): 5 - 15 mmHg
- BMI: 18.5 - 24.9
- Glasgow coma scale: Best = 15
  - Mild: 13-15
  - Moderate: 9-12
  - Severe: 3-8

# Mnemonic Lab Blood Test Codes Cheat Sheet

**National Institutes of Health (U.S.).  
Division of Research Grants**



## **Mnemonic Lab Blood Test Codes Cheat Sheet:**

## Unveiling the Power of Verbal Artistry: An Psychological Sojourn through **Mnemonic Lab Blood Test Codes Cheat Sheet**

In a global inundated with screens and the cacophony of instant conversation, the profound energy and emotional resonance of verbal art frequently disappear into obscurity, eclipsed by the constant assault of sound and distractions. However, located within the musical pages of **Mnemonic Lab Blood Test Codes Cheat Sheet**, a captivating work of literary brilliance that impulses with natural feelings, lies an wonderful journey waiting to be embarked upon. Penned by way of a virtuoso wordsmith, this exciting opus manuals viewers on a psychological odyssey, delicately revealing the latent potential and profound influence stuck within the complicated internet of language. Within the heart-wrenching expanse of the evocative examination, we can embark upon an introspective exploration of the book is main subjects, dissect its captivating writing fashion, and immerse ourselves in the indelible effect it leaves upon the depths of readers souls.

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