

Normal Lab Values Cheatsheet

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Serum Electrolytes

RANGE (SI UNITS)	RANGE (CONVENTIONAL)
Sodium (Na⁺)	
Adult: 135–145 mmol/L	Adult: 135 to 145 mEq/L
Child: 135–145 mmol/L	Child: 135–145 mEq/L
Infant: 134–150 mmol/L	Infant: 134–150 mEq/L
Newborn: 134–144 mmol/L	Newborn: 134–144 mEq/L
Critical values: <120 or >160 mmol/L	Critical values: <120 or >160 mEq/L
Potassium (K⁺)	
Adult: 3.5–5.0 mmol/L	Adult: 3.5–5.0 mEq/L
Child: 3.4–4.7 mmol/L	Child: 3.4–4.7 mEq/L
Infant: 4.1–5.3 mmol/L	Infant: 4.1–5.3 mEq/L
Newborn: 3.9–5.9 mmol/L	Newborn: 3.9–5.9 mEq/L
Critical values: Adult: <3 or >6.1 mmol/L Newborn: <2.5 or >8 mmol/L	Critical values: Adult: <3 or >6.1 mEq/L Newborn: <2.5 or >8 mEq/L
Chloride (Cl⁻)	
Adult: 95–105 mmol/L	Adult: 95–105 mEq/L
Child: 90–110 mmol/L	Child: 90–110 mEq/L
Newborn: 95–106 mmol/L	Newborn: 95–106 mEq/L
Premature infant: 95–110 mmol/L	Premature infant: 95–110 mEq/L
Critical values: <80 or >115 mmol/L	Critical values: <80 or >115 mEq/L

RANGE (SI UNITS)	RANGE (CONVENTIONAL)
Magnesium (Mg)	
Adult: 0.65–1.05 mmol/L	Adult: 1.3–2.1 mEq/L
Child: 0.7–0.85 mmol/L	Child: 1.4–1.7 mEq/L
Newborn: 0.7–1 mmol/L	Newborn: 1.4–2 mEq/L
Critical values: <0.25 or >1.5 mmol/L	Critical values: <0.5 or >3 mEq/L
Serum Osmolality	
Adult: 285–295 mmol/kg	Adult: 285–295 mOsm/kg H ₂ O
Child: 275–290 mmol/kg	Child: 275–290 mOsm/kg H ₂ O
Critical values: <265 or >320 mmol/kg	Critical values: <265 or >320 mOsm/kg H ₂ O
Serum Bicarbonate (HCO₃⁻)	
Adult: 25–30 mmol/L	Adult: 25–30 mEq/L
Child: 20–28 mmol/L	Child: 20–28 mEq/L
Infant: 20–28 mmol/L	Infant: 20–28 mEq/L
Newborn: 15–22 mmol/L	Newborn: 15–22 mEq/L
Critical value: <10 or >40 mmol/L	Critical value: <10 or >40 mEq/L
Phosphorus (P)	
Adult: 0.97–1.45 mmol/L	Adult: 3–4.5 mg/dL
Child: 1.45–2.1 mmol/L	Child: 4.45–6.5 mg/dL
Newborn: 1.4–3 mmol/L	Newborn: 4.3–9.3 mg/dL
Critical value: <0.5226 mmol/L	Critical value: <1 mg/dL

Electrolyte Normal Values Cheat Sheet

JL Elias

A red circular graphic with a gradient, appearing as a partial circle or a stylized arrow pointing to the right, located to the right of the author's name.

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