

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 m²
- 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_aCO₂: 35 - 45 mmHg
- P_aO₂: 80 - 100 mmHg
- HCO₃: 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

CO Houle



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Table of Contents Mnemonic Lab Blood Test Codes Cheat Sheet

1. Understanding the eBook Mnemonic Lab Blood Test Codes Cheat Sheet
 - The Rise of Digital Reading Mnemonic Lab Blood Test Codes Cheat Sheet
 - Advantages of eBooks Over Traditional Books
2. Identifying Mnemonic Lab Blood Test Codes Cheat Sheet
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Mnemonic Lab Blood Test Codes Cheat Sheet
 - User-Friendly Interface
4. Exploring eBook Recommendations from Mnemonic Lab Blood Test Codes Cheat Sheet
 - Personalized Recommendations
 - Mnemonic Lab Blood Test Codes Cheat Sheet User Reviews and Ratings
 - Mnemonic Lab Blood Test Codes Cheat Sheet and Bestseller Lists
5. Accessing Mnemonic Lab Blood Test Codes Cheat Sheet Free and Paid eBooks
 - Mnemonic Lab Blood Test Codes Cheat Sheet Public Domain eBooks
 - Mnemonic Lab Blood Test Codes Cheat Sheet eBook Subscription Services
 - Mnemonic Lab Blood Test Codes Cheat Sheet Budget-Friendly Options
6. Navigating Mnemonic Lab Blood Test Codes Cheat Sheet eBook Formats

- ePub, PDF, MOBI, and More
 - Mnemonic Lab Blood Test Codes Cheat Sheet Compatibility with Devices
 - Mnemonic Lab Blood Test Codes Cheat Sheet Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Mnemonic Lab Blood Test Codes Cheat Sheet
 - Highlighting and Note-Taking Mnemonic Lab Blood Test Codes Cheat Sheet
 - Interactive Elements Mnemonic Lab Blood Test Codes Cheat Sheet
 8. Staying Engaged with Mnemonic Lab Blood Test Codes Cheat Sheet
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Mnemonic Lab Blood Test Codes Cheat Sheet
 9. Balancing eBooks and Physical Books Mnemonic Lab Blood Test Codes Cheat Sheet
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Mnemonic Lab Blood Test Codes Cheat Sheet
 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
 11. Cultivating a Reading Routine Mnemonic Lab Blood Test Codes Cheat Sheet
 - Setting Reading Goals Mnemonic Lab Blood Test Codes Cheat Sheet
 - Carving Out Dedicated Reading Time
 12. Sourcing Reliable Information of Mnemonic Lab Blood Test Codes Cheat Sheet
 - Fact-Checking eBook Content of Mnemonic Lab Blood Test Codes Cheat Sheet
 - Distinguishing Credible Sources
 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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