

# Lab Values Cheat Sheet

## Vital Signs

### Blood Pressure

→ Systolic: 120 mmHg

→ Diastolic: 80 mmHg

Heart rate: 60-100 BPM

Respirations: 12-20 breaths

Oxygen: 95%-100%

Temperature: 96.4% - 99.5%

## COAGs

PT: 11-13 seconds

- 22-32.5 on Warfarin

INR: 0.8-1.1 Seconds

- 1.6-3.3 on Warfarin

PTT: 21-35 Seconds

- 31.5-87.5 on Heparin

*The ↑ these numbers the ↑ chance of bleeding!!!*

## Glucose

Fasting: 70-110 mg/dL

Casual: <200 mg/dL

## HbA1C

Non-diabetic: 4-6%

Pre-Diabetic: 5.7-6.4%

Diabetic: > 6.5%

## 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

## Complete Blood Count [CBC]

WBC: 5000-10,000

RBCs:

→ Male: 4.2-5.4

→ Female: 3.6-5

PLT: 140,000-400,000

- Critical <50,000 or >1,000,000

Hemoglobin [Hgb]:

→ Male: 13-18

→ Female: 12-16

Hematocrit [HCT]:

→ Male: 42%-52%

→ Female: 36%-48%

## ABGs

pH: 7.35-7.45

PaCO<sub>2</sub>: 35-45 mmHg

PaO<sub>2</sub>: 80-100 mmHg

HCO<sub>3</sub>: 22-26 mEq/L

## Renal

Calcium: 8.6-10.2 mg/dL

Magnesium: 1.3-2.3 mg/dL

Phosphorus: 2.5-4.5 mg/dL

Specific gravity: 1.005-1.03

GFR: 125 - 200 mL/min

BUN: 10-20 mg/dL

Creatinine:

→ Male 0.6-1.2 mg/dL

→ Female: 0.4-1 mg/dL

## Serum Osmolality

280-300 mOsm/L Water

## Basic Metabolic Panel [BMP]

Sodium: 135-145 mEq/L

Potassium: 3.5-5 mEq/L

Chloride: 97-107 mEq/L

Calcium: 8.5-10.5 mg/dL

BUN: 10-20 mg/dL

Creatinine:

→ Male: 0.6-1.2 mg/dL

→ Female: 0.4-1 mg/dL

Albumin: 3.5-5.5 g/dL

Total protein: 6-8 g/dL

## Lipid Panel

Total cholesterol:

→ Male: <205 mg/dL

→ Female: <190 mg/dL

Triglyceride:

→ Male: 44-180

→ Female: 10-190

LDL: <100 mg/dL → bad cholesterol

HDL: >60/dL → Happy Cholesterol

## Pancreas

Amylase: 25-125 U/L

→ Older adults: 24-151 U/L

Lipase: <140 U/L

## Liver [LFT]

ALT: 10-40M, 8-35 F

AST: 5-40 U/L

ALP: 40-120 U/L

Bilirubin: total 0.3-1.0 mg/dL

# Lab Cheat Sheet For Nurses

**Ian Pickup**

A red circular graphic with a gradient, appearing as a stylized arrow or a decorative element, positioned to the right of the author's name.

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