

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

Minjie Lin

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

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