

# 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 Values And Their Meaning Nursing

**Christian Drosten**



## **Lab Values And Their Meaning Nursing:**

**Normal Lab Values for Nurses** Cindy B Smith, 2019-06 LAB VALUES FOR NURSES The need for medical practitioners to understand the importance of laboratory tests in medical decision making cannot be overemphasized Nurses and doctors will always come across different laboratory results in their practice and these results are interpreted based on their knowledge of the various normal laboratory values Normal Lab values for Nurses is a book written by Cindy B Smith to aid nurses and nursing students interpret different laboratory investigations with ease Understanding normal Laboratory values aid in the diagnosis management and monitoring the effectiveness in the treatment of disease conditions Misinterpretation of a laboratory test results in clinical practice can lead to wrong treatment routine which could jeopardize the patient's safety This book also provides the necessary information and Lab Value Quiz to aid nursing students to pass the NCLEX at first try What else will you get in the book Obtaining Lab Samples Correctly Laboratory Blood Bottle Guide Hematological Tests Values Tests for Cardiac Disease Renal Function Tests Test for Liver Gastrointestinal Function Serum Electrolytes Tests Arterial Blood Gas ABG Analysis Serological Tests Tests for Endocrine Function Tests for Malignant Conditions Tumor Markers Body fluid Stool Analysis Tests for Other Conditions and lots more Need to ace your NCLEX with ease Just scroll up and hit the Buy Now button This book can be easily read on an iPad tablet Computer or Kindle Device Also available is the audiobook version

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- 10**

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