

# SAMPLE LAB REPORT

Here is an example of a lab report which you may receive after having a blood test. This report gives your doctor important information about the status of your overall health.

## PATIENT NAME

or identifier and identification number. Links results to the correct patient.

## NAME OF DOCTOR

The lab will send the results to the doctor(s) listed.

Some tests results are affected by medications, vitamins and other health supplements, so labs may obtain this information from the test request form and transcribe it onto the lab report.

## NAME OF THE TEST PERFORMED

Test names are often abbreviated on lab reports.

Some tests can be performed on more than one type of specimen sample (such as blood, serum, plasma, urine, swab for cultures, etc.).

## Lab Report

University Medical Center, Dept. of Pathology  
123 University Way, City, ST 12345

02/14/2008  
16:13

Doe, Mr. John Q.  
Patient ID No. 987654321  
Ordering MD: Smith, Peter  
PT medications: multivitamins

D.O.B. 01/01/1941  
67Y/M

MD Physician Copy for Dr: Smith, Jane MD

Specimen(s) Collected: 2/10/08 14:30  
Specimen: Serum  
Comments: Specimen is non-fasting;  
sl. hemolysis

Lab Acc'n No. 223456  
Date Reported: 2/10/08 16:40

Test Name	Patient's Results	Ref. Range	Units
Na	L124	136-145	mEq/L
K	H5.8	3.5-5.1	mEq/L
CO2	25	23-29	mEq/L
Cl	101	98-107	mEq/L
Glucose	H107	74-100	mg/dL
Ca	10.1	8.6-10.2	mg/dL
BUN	17	8-23	mg/dL
Creatinine	0.9	0.8-1.3	mg/dL

Key: L=Abnormal Low, H=Abnormal High, WNL=Within Normal Limits, \*=critical value

Specimen(s) Collected: 2/10/08 14:30  
Specimen: Blood

Lab Acc'n No. 223457  
Date Reported: 2/10/08 15:30

Test Name	Patient's Results	Ref. Range	Units
HGB	L7.0*	14.0-18.0	gm/dL
HCT	L21.1	42.0-52.0	%
HGB A1c	4.8	4.3-6.1	%

Comment: Hgb of 7.0 and Hct of 21.1 reported to Dr. J Smith at 15:15 on 2/10/08 by J. Doe. Date Reported: 2/10/08 18:40

Key: L= Abnormal Low, H= Abnormal High, WNL=Within Normal Limits, \*= critical value

End of report

Doe, Mr. John Q. Patient ID No. 987654321 02/14/2008 16:13

Name and address of the lab where the test was performed.

## TEST RESULT

**REFERENCE RANGES** These are the ranges in which "normal" values are expected to fall.

"H" next to a result may mean that it is higher than the reference range. "L" may mean "low" and "WNL" usually means "within normal limits."

**CRITICAL RESULTS**, those that are dangerously abnormal, must be reported immediately to the responsible person. The laboratory will often draw attention to such results with an asterisk (\*) or something similar and will usually note on the report the date and time the responsible person was notified.

# BRING THIS SHEET TO YOUR DOCTOR

Use this sheet to record your test results and discuss them with your doctor.

## YOUR BLOOD TEST RESULTS

These tests require nine hours of fasting to ensure accuracy of results.

Collection date:

Total cholesterol:

 mg/dl

HDL cholesterol:

 mg/dl

LDL cholesterol:

 mg/dl

Triglycerides:

 mg/dl

Glucose:

 mg/dl

TC/HDL ratio:

Blood pressure:

 systolic / diastolic

## HOW TO INTERPRET YOUR TEST RESULTS

**TOTAL CHOLESTEROL:** Cholesterol is a white, waxy fat found naturally in your body. Too much of it can clog your arteries and eventually choke off the supply of blood to the heart. That is why high cholesterol is a leading risk factor for heart disease. Cholesterol in the blood is carried by High Density Lipoproteins (HDL) and Low Density Lipoproteins (LDL).

DESIRABLE	200 mg/dl or less
BORDERLINE	201 to 239 mg/dl
HIGH	240 mg/dl or more

**HDL FACTS (HIGH-DENSITY LIPOPROTEIN):** HDL is known as “good” cholesterol because higher levels help protect you against heart disease. HDL cholesterol is involved in getting rid of cholesterol and other fats in your bloodstream. You can raise HDL levels by losing excess weight and exercising regularly.

DESIRABLE	50 mg/dl or more
BORDERLINE	40 to 49 mg/dl
TOO LOW	39 mg/dl or less

**LDL FACTS (LOW-DENSITY LIPOPROTEIN):** LDL is known as “bad” cholesterol since higher levels put you at risk for heart disease. This type of cholesterol builds up in the arteries and can contribute to heart attacks and strokes. LDL can be lowered by eating a low fat, low cholesterol, high fiber diet, quitting smoking, losing excess weight, and/or limiting alcohol intake.

DESIRABLE	100 mg/dl or less
BORDERLINE	101 to 159 mg/dl
HIGH	160 mg/dl or more

**TRIGLYCERIDES:** Triglycerides are a common form of fat in the bloodstream. A combination of a high triglyceride level with high LDL cholesterol may be a better indicator of heart disease risk than just a high LDL cholesterol level.

DESIRABLE	below 150 mg/dl
BORDERLINE	150 to 199 mg/dl
HIGH	above 200 mg/dl

**GLUCOSE:** Diabetes is a disease in which the body does not produce or properly use insulin, a hormone needed to convert sugar, starches and other food into energy. High blood glucose levels can indicate the presence of diabetes or an increased risk of developing diabetes. Ranges below are based on fasting blood tests.

DESIRABLE	70 to 99 mg/dl
BORDERLINE	100 to 125 mg/dl
HIGH	above 125 mg/dl

**TC/HDL RATIO:** The total cholesterol/HDL ratio is calculated by dividing total cholesterol by HDL cholesterol. Lower ratios are associated with a lower risk for developing heart disease.

DESIRABLE	4.0 or less
BORDERLINE	4.1 to 6.0
HIGH	above 6.0

**BLOOD PRESSURE:** Blood pressure is measured as the force in the arteries when your heart beats (systolic) and when the heart is at rest (diastolic). When blood pressure is too high and remains that way, blood vessel walls become weakened and more prone to the build-up of fatty substances on their inner walls. High blood pressure (hypertension) is a direct cause of heart disease and can contribute to strokes, heart attacks, heart failures and even kidney failure.

DESIRABLE	below 120/80
BORDERLINE	120/80 to 139/89
HIGH	140/90 or more

# KNOW YOUR NUMBERS