

# 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 0.6-1.2mg/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

# Nursing Lab Values And Meanings

**Jon Haws, Sandra Haws**



## **Nursing Lab Values And Meanings:**

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**Diagnostic Procedures** Louise M. Malarkey, Mary Ellen McMorrow, 2000 This comprehensive text and reference provides essential guidance on over 700 laboratory tests and diagnostic procedures used in nursing It provides background information on each test explains normal and abnormal test results and emphasizes nursing care for the patient undergoing the test Normal values for each test and procedure appear in both conventional and international units and cover all phases of the life span And over 120 unique tables display complications at a glance

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**Lab Values & ABG Interpretation Nursing Flashcards** Level Up, 2022-10. The Lab Values Flashcards were designed to help nursing students learn and retain the most important lab value ranges required to pass the ATI, NCLEX, or HESI exams and are a helpful reference for practicing RNs, PNs, and other medical professionals. No more flipping through textbooks to find normal lab value ranges. Instead, spend time understanding the significance of the lab values. These flashcards contain lab value ranges and provide the significance of high/low values for the following: Arterial blood gases lab values and interpretation, Electrolytes, Cardiac labs.

values Hematologic labs values Gastrointestinal labs values Renal labs values Endocrine labs values      **The Nurse's Guide to Labs** Cheryl Miller, 2017-05-22 The Nurse's Guide to Labs A Quick and Easy Resource is a quick easy reference tool that helps nursing students understand common lab values For each laboratory test a clear definition is provided along with some pathology if relevant When relevant students also learn what constitutes a normal versus a critical result The guide explains common reasons for abnormal values and addresses the nursing implications and responsibilities when such values occur Students will learn about commonly ordered combined labs There are specific chapters devoted to oxygenation respiratory labs hematology and cardiac liver and pancreatic labs The guide also discusses other endocrine systems labs such as tests for pituitary adrenal and thyroid abnormalities renal labs urine labs and cerebrospinal fluid labs The Nurse's Guide to Labs has been developed for students preparing to become registered nurses and can be kept as a useful reference tool for the working nurse The guide is also well suited to programs for licensed practical nurses or anyone in a clinical setting who might need to know about and understand various lab tests and their results

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