

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
PaCO₂: 35-45 mmHg
PaO₂: 80-100 mmHg
HCO₃⁻: 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

Common Lab Values Cheat Sheet

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