Routine Bloodwork & Side Effect Tracker

			DATE								
BLOOD MARKER	NORMAL RANGE	SIDE EFFECT									
White blood cell count (WBC)	5.69-9.8										
Absolute Lymphotcyte Count	1.23-2.69										
Absolute Neurophil Count (ANC)	2.77-6.34										
Absolute monocyte Count	0.38-.85										
Absolute eosinophil Count	.05-.22										
Absolute Basophil Count	.02-.07										
Red Blood Cell Count	3.85-4.75										
Hemoglobin	11-13.3										
Mean Corpuscle Volume (MCV)	78.2-83.9										
Platelet count	198-371										
Red Cell Distribution Width (RDW)	<13										
Total Protein	5.5-8.2										
Albumin	3-4.6										
Sodium	135-148										
Potassium	3.2-4.5										
Chloride	99-111										
Magnesium	1.5-2.2										
CO2	22-33										
Blood Urea Nitrogen	5-18										
Creatinine	.3-.7										
alkaline phosphatase	100-300										
Calcium	8-10.5										
Phosphorus	3.0-5.7										
Aspartate aminotransferase (AST)	2-40										
Alanine aminotransferase (ALT)	3-30										
Fibronogen	200-400										
Glucose Level	61-199										
Bilirubin	0.0-.4										
Thyroxine T4 Free	.80-1.90										
Thyroid Stimluating Hormone (TSH)	.7-5.70										
Cortisol	5-25										
Vit D 25-Hyrdoxy	30-80										
Insulin-Like Growth Factor I (IGF-1)	95-315										