

NURSING LAB VALUES CHEAT SHEET

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LAB VALUES TO KNOW

Metabolic Panel (BMP/CMP)

assesses fluids & electrolytes, glucose, liver & renal function

LAB	NORMAL RANGE
SODIUM	135 - 145 mEq/L
POTASSIUM	3.5 - 5.0 mEq/L
CHLORIDE	95 - 105 mEq/L
CARBON DIOXIDE	23 - 29 mEq/L
BUN	7 - 20 mg/dL
GLUCOSE	70 - 100 mg/dL
CREATININE	0.6 - 1.3 mg/dL
CALCIUM	8.5 - 10.5 mg/dL
MAGNESIUM	1.5 - 2.5 mg/dL
PHOSPHORUS	2.5 - 4.5 mg/dL
TOTAL PROTEIN	6.0 - 8.0 g/dL
ALBUMIN	3.5 - 5.0 g/dL
BILIRUBIN	0.1 - 1.2 mg/dL
ALKALINE PHOSPHATASE (ALP)	44 - 147 U/L
ASPARTATE AMINOTRANSFERASE (AST)	7 - 40 U/L
ALANINE AMINOTRANSFERASE (ALT)	7 - 56 U/L

Complete Blood Count (CBC)

counts the number of cells that make up the blood

LAB	NORMAL RANGE
WBC	4,000 - 10,000/mm ³
RBC	4 - 5.5 million/mm ³
HEMOGLOBIN	12 - 16 g/dL
HEMATOCRIT	37 - 47%
PLATELETS	150,000 - 400,000/mm ³

Arterial Blood Gas (ABG)

assesses for acid-base imbalances

LAB	NORMAL RANGE
pH	7.35 - 7.45
PaCO ₂	35 - 45 mmHg
HCO ₃	22 - 28 mEq/L
PaO ₂	80 - 100 mmHg
O ₂ saturation	95 - 100%

Coagulation Studies

assesses clotting times

LAB	NORMAL RANGE
PROTHROMBIN TIME (PT)	11 - 13.5 seconds
INTERNATIONAL NORMALIZED RATIO (INR)	0.8 - 1.2
PARTIAL THROMBOPLASTIN TIME, ACTIVATED (aPTT)	28 - 35 seconds

Lipid Panel

assesses for risk of cardiovascular disease

LAB	NORMAL
TOTAL CHOLESTROL	< 200 mg/dL
TRIGLYCERIDES	< 150 mg/dL
LOW DENSITY LIPOPROTEIN (LDL)	< 100 mg/dL
HIGH DENSITY LIPOPROTEIN (HDL)	> 60 mg/dL

Hemoglobin A1C

assesses average blood glucose level for past 3 months

PATIENTS	TARGET RANGE
WITHOUT DIABETES	< 5.7%
WITH DIABETES	< 7.0%

*Lab values may differ depending on facility/university. Always comply with your facility/university's policies/instructions.