

Chapter 21 — Standard Lab Report Comparison Chart (Quick Reference)

Print this. Put it on a clipboard. Take it to your doctor. Ask your doctor to explain each item in plain English.

FLOYD'S STRICT FASTING RULE

- Stop eating solids at 8:00 p.m. the night before labs.
- After 10:00 p.m.: distilled water only.
- Morning of labs: nothing—no coffee, no food, no drinks (except small sips of water if required for medication).
- Confirm fasting requirement with your doctor's office when scheduling.

TEST NAME	WHAT IT CHECKS	GOOD / WATCH / DISCUSS	FASTING NEEDED?
A1C (Hemoglobin A1C)	Blood sugar average (2–3 months)	Normal: <5.7% Watch: 5.7–6.4% Discuss: ≥6.5%	No
Fasting Blood Glucose (FBG)	Blood sugar at baseline	Normal: <100 mg/dL Watch: 100–125 mg/dL Discuss: ≥126 mg/dL	Yes (8–12 hours)
Lipid Panel (LDL, HDL, Triglycerides)	Heart-risk markers	Check all numbers with doctor	Usually yes (8–12 hours—confirm with doctor)
Kidney: eGFR	Kidney filtration rate	Higher is better; lower numbers = reduced function	No
Kidney: uACR (Urine Albumin-Creatinine Ratio)	Kidney damage marker	Normal: <30 mg/g Watch/Discuss: ≥30 mg/g	No
Liver: ALT / AST	Liver enzymes	Low levels normal; elevated = discuss with doctor	No
CBC (Complete Blood Count)	Red/white blood cells, platelets	Overall health snapshot	No
Uric Acid	Gout risk marker	Track trend over time	No



Biotin (Vitamin B7) Warning: High-dose biotin can interfere with certain lab tests and produce incorrect results. If you take biotin supplements, tell your doctor and the lab *before* bloodwork.

SOURCES:

- CDC Diabetes Testing: <https://www.cdc.gov/diabetes/diabetes-testing/index.html>
- CDC Cholesterol Testing: <https://www.cdc.gov/cholesterol/testing/index.html>
- CDC Kidney Disease Testing: <https://www.cdc.gov/kidney-disease/testing/index.html>
- American Heart Association BP Readings: <https://www.heart.org/en/health-topics/high-blood-pressure/understanding-blood-pressure-readings>

- Mayo Clinic Liver Function Tests: <https://www.mayoclinic.org/tests-procedures/liver-function-tests/about/pac-20394595>
- MedlinePlus CBC: <https://medlineplus.gov/lab-tests/complete-blood-count-cbc/>
- MedlinePlus Uric Acid Test: <https://medlineplus.gov/lab-tests/uric-acid-test/>
- FDA Biotin Interference Brief: <https://www.fda.gov/news-events/fda-brief/fda-brief-fda-reminds-patients-health-care-professionals-and-laboratory-personnel-about-potential>