

Standard Lab Work

(Quick Comparison Chart)

This isn't a medical textbook. This is your lab report cheat sheet. Most people get handed a stack of lab results, look at the confusing numbers, and have absolutely no idea what they are looking at.

Doctors are busy. Sometimes they only flag the things that are actively killing you, while ignoring the trends that are slowly breaking you down. You need to own this data.

Use this chart to compare to your actual report. Look at the numbers, check the columns, and spot the trends yourself. Don't Google your way into a panic—just look at the facts.

Test Name	What It Checks	Good Range	Watch Range	Discuss With Doctor	Fasting?
BLOOD SUGAR TESTS					
A1C (%)	2-3 month blood sugar average	Below 5.7%	5.7% – 6.4% (Prediabetes)	6.5% or higher (Diabetes)	No
Fasting Glucose (mg/dL)	Blood sugar at baseline	Below 100	100 – 125 (Prediabetes)	126 or higher (Diabetes)	Yes (8-12 hrs)
HEART / LIPID TESTS					
Total Cholesterol (mg/dL)	Overall cholesterol	Below 200	200 – 239	240 or higher	Often Yes
LDL ("Bad" chol, mg/dL)	"Delivery truck" cholesterol	Below 100	100 – 159	160 or higher	Often Yes
HDL ("Good" chol, mg/dL)	"Cleanup" cholesterol	60 or higher	40 – 59	Below 40 (High Risk)	Often Yes
Triglycerides (mg/dL)	Blood fats (storage)	Below 150	150 – 199	200 or higher	Often Yes
KIDNEY TESTS					
eGFR (mL/min)	Filtration rate (Kidney function)	90 or higher	60 – 89	Below 60	No
uACR (mg/g)	Urine protein (Damage marker)	Below 30	30 – 299	300 or higher	No
LIVER TESTS					
ALT (U/L)	Liver enzyme	7 – 56 (varies by lab)	Mildly elevated	Significantly elevated	No
AST (U/L)	Liver/Muscle enzyme	10 – 40 (varies by lab)	Mildly elevated	Significantly elevated	No

Test Name	What It Checks	Good Range	Watch Range	Discuss With Doctor	Fasting?
GENERAL HEALTH TESTS					
CBC (Count)	Red cells, white cells, platelets	Within lab range	Mild variations	Abnormal counts	No
Electrolytes (Na, K, etc.)	Mineral balance	Within lab range	Minor imbalances	Significant imbalances	No
OPTIONAL / INFLAMMATION / GOUT					
CRP (mg/L)	General inflammation	Below 1	1 – 3	Above 3 or sudden spike	No
Uric Acid (mg/dL)	Gout risk	Below 6.8	6.8 – 7.5	Above 7.5 or with symptoms	No
Blood Pressure (mmHg)	Heart stress	Below 120/80	120-139 / 80-89 (Elevated/Stage 1)	140/90 or higher (Stage 2)	No

Important Notes

- **Fasting rules:** If your test requires fasting, follow your doctor's exact instructions—typically 8-12 hours for lipid panels. A1C doesn't require fasting.
- **Biotin warning:** High-dose biotin (often in hair/skin/nail supplements) can interfere with certain lab tests and cause false results. Tell your doctor and the lab if you take it. [Source: FDA Safety Communication]
- **Niacin note:** Expect a flush after taking niacin. That's normal. Plan for it.
- **Lab range variations:** Different labs use different reference ranges. Always compare your results to YOUR lab's specific ranges printed on your report.

EXECUTION RULES

- 1. Compare this chart to your actual lab report.** Use it as a translation tool, not a diagnosis.
- 2. Check the "Watch" column.** If a number falls here, track the trend. One reading is a data point; three readings is a pattern.
- 3. Don't self-diagnose emergencies.** If something is in the "Discuss" range or keeps getting worse, talk to your doctor.
- 4. Context matters.** Don't panic over one abnormal number. Dehydration, stress, or a bad night's sleep can skew results.

Sources: CDC (Diabetes, Cholesterol, Kidney Testing); MedlinePlus (Lab Test Resources); Mayo Clinic (Liver Function); FDA (Biotin Interference Safety Communication); American Heart Association (Blood Pressure Categories).