

Blood cell count log

Want to get more involved in your chemo care? Keeping track of your blood cell counts is a good step. When you get your blood results back for the first time, ask the oncology nurse how to read them. Log them below. Then, compare your scores to the approximate normal levels at the bottom of this worksheet.

Lab Test	Date	Results	Date	Results
ANC				
Hematocrit				
Hemoglobin				
Platelets				
Red blood cell				
White blood cell				
Other				

Normal ranges

For comparison's sake, this chart features normal values.

Count	Gender	Normal Range Conventional Units	Normal Range SI Units
Hematocrit	Female:	35% to 47%	0.35 to 0.47
	Male:	39% to 50%	0.39 to 0.50
Hemoglobin	Female:	12.0 to 16.0 g/dL	7.4 to 9.9 mmol/L
	Male:	14.0 to 18.0 g/dL	8.7 to 11.2 mmol/L
Platelets	Both, ages 65-64	150,000 to 400,000/ μ L	150 to 400 X 10 ⁹ /L
Red blood cells	Both	4.0 to 6.2 million/ μ L	4.0 to 6.2 X 10 ¹² /L
White blood cells	Both	4,500 to 11,000/ μ L	4.5 to 11.0 X 10 ⁹ /L