



Lab Tracker

TAKE CHARGE OF YOUR HEALTH

Stay on top of your health with the help of this lab results tracker

This downloadable tool can help you to track key laboratory values and tests related to your condition.

It's also a good reminder of appointment dates, lab contact information, and much more—all in one place. It's an important way to take charge of your health and stay focused on your treatment goals.



Your Medical Team

Write down the contact information of all the medical professionals you deal with:



Primary Doctor	
Phone number	
E-mail	

Nurse 1	
Phone number	
E-mail	

Other Doctor	
Phone number	
E-mail	

Nurse 2	
Phone number	
E-mail	



REMEMBER: Your doctor is your best source for information about your health and your condition. He or she can also discuss any tests or treatments you may need.

Notes

Take a pen with you. Write down important things you might want to remember later.



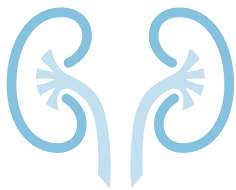
Lab Tracker

TAKE CHARGE OF YOUR HEALTH

Lab tests: What to expect

Below are some of the tests that your doctor may prescribe for you. Only your doctor can advise if you'll need to take any or all of these tests, as well as when and how often you'll need to take them.

Some of the tests may call for continued follow-up care with your physician or specialists. **Talk to your doctor about the frequency of your lab tests. He or she can help you gain a better understanding of what to expect. Keep in mind, only your doctor can determine which tests you'll need and how often you'll need them.**



Regular tests

Following is a list with brief descriptions of some of the tests that your doctor may prescribe for you. The times when you take these tests may vary. Be sure to talk with your doctor if you have specific questions about any of these tests.

- **Urinalysis** – a general test that analyzes the composition of the urine
- **Spot urine protein and spot urine creatinine** – a test that helps doctors measure the urine protein-to-creatinine ratio
- **Serum creatinine (sometimes known as plasma creatinine)** – a measure of the creatinine level in the blood
- **BUN (blood urea nitrogen)** – a test used to measure kidney function
- **Plasma albumin or serum albumin** – a test that is used to measure protein levels in the blood
- **CBC (complete blood count) with differential count** – useful measure of the immune system
- **Serum cholesterol (sometimes known as plasma cholesterol)** – a measure of the cholesterol in the blood
- **Serum triglyceride (sometimes known as plasma triglyceride)** – a measure of the cholesterol on the triglycerides (a fatty cell in the blood)
- **24-hour collection for urine or creatinine** – an alternative to the spot urine protein and/or spot urine creatinine tests, though some doctors may ask for both



Lab Tracker
TAKE CHARGE OF YOUR HEALTH

Please fill your test values below

Ask your doctor if he or she can share your test results with you, or how you may access them yourself. Also, if you have trouble understanding any of your test results or reports, talk to your doctor or your lab technician. Try to write in your test results as soon as you have received them.

Name of Lab/Contact #				
Appointment Date/Time				
TEST NAME	Write in your tests and results in the space provided below.			
STATS	Write in your vital readings in the space provided below.			
Temperature				
Pulse				
Weight				
Blood pressure				
Doctor's comments				