

Comprehensive Lab Results Tracking Matrix

A bloodwork tracker designed to monitor lab trends across multiple healthcare systems, prevent duplicate testing, and counter diagnostic overshadowing.

Why Track Your Own Lab Results?

When searching for a diagnosis across multiple specialists, medical providers often only see the lab results ordered within their own specific network or portal. By maintaining a centralized, cross-provider lab history, you can:

- **Identify Trends Over Time:** Spot gradual drops or spikes (e.g., declining ferritin levels or rising inflammatory markers) that fall within "normal" reference ranges but show a clear pattern for your body.
- **Prevent Unnecessary Repeat Blood Draws:** Easily show new doctors what tests have already been run and when.
- **Bridge Healthcare Networks:** Seamlessly share records between primary care, specialists, and out-of-network clinics.

Color-Coding Key

- **RED HIGHLIGHT:** High (Above normal reference range)
- **BLUE HIGHLIGHT:** Low (Below normal reference range)

Advocacy Script for Appointments

"I keep a personal tracking sheet of my bloodwork across different lab networks so we can look at long-term trends rather than single snapshots. As you can see, on [Date], my Ferritin dropped down to [X] alongside my fatigue flare, even though my general hemoglobin was still technically within the normal window."

Longitudinal Lab Tracking Matrix

Lab Test Name	Standard Reference Range	Date: Ordered By:	Date: Ordered By:	Date: Ordered By:	Date: Ordered By:
WBC (White Blood Cells)	4.5 – 11.0 K/ μ L				
RBC (Red Blood Cells)	4.0 – 5.2 M/ μ L				
Hemoglobin (Hgb)	12.0 – 15.5 g/dL				
Hematocrit (Hct)	37.0 – 48.0 %				
MCV (Mean Corpuscular Vol.)	80 – 100 fL				

Lab Test Name	Standard Reference Range	Date: Ordered By:	Date: Ordered By:	Date: Ordered By:	Date: Ordered By:
Platelets	150 – 450 K/ μ L				
Ferritin (<i>Iron Stores</i>)	15 – 150 ng/mL				
Serum Iron	60 – 170 mcg/dL				
TIBC (<i>Total Iron Binding Cap.</i>)	250 – 450 mcg/dL				
Transferrin Saturation	20 – 50 %				
Vitamin B12	200 – 900 pg/mL				
Folate	> 3.0 ng/mL				
Sodium	135 – 145 mEq/L				
Potassium	3.5 – 5.0 mEq/L				
Glucose (<i>Fasting</i>)	70 – 99 mg/dL				
Calcium	8.5 – 10.2 mg/dL				
BUN (<i>Blood Urea Nitrogen</i>)	7 – 20 mg/dL				
Creatinine	0.6 – 1.1 mg/dL				
ALT (<i>Liver Function</i>)	7 – 56 U/L				
AST (<i>Liver Function</i>)	10 – 40 U/L				
TSH (<i>Thyroid Stimulating</i>)	0.4 – 4.0 mIU/L				
CRP (<i>C-Reactive Protein</i>)	< 3.0 mg/L				
ESR (<i>Sedimentation Rate</i>)	0 – 20 mm/hr				