
BLOOD CELL COUNT LOG

Blood Cell Tracker

Keeping track of your blood cell counts can help you become more involved in your treatment.

The first time you get back your blood results, you can ask the oncology nurse to help you read them. Log them into the lab count in the boxes below.

You can compare your scores to the chart showing approximate normal levels of each count. Having cancer and understanding treatment options is a difficult and confusing time for patients and their loved ones. This Blood Cell Count Log is intended to help facilitate patient/caregiver communication with the patient's treatment team. It is not intended, nor should it be treated, as medical advice. Only an appropriately licensed healthcare provider may provide medical/clinical advice. Always talk to your healthcare team as your experience with cancer is unique and specific to you.

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Record your blood work results here.

Lab Test	Date	Results	Date	Results
White blood cell (WBC)				
ANC				
Red blood cell (RBC)				
Platelets				
Hematocrit (Hct)				
Hemoglobin (Hgb)				
Other				

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For comparison's sake, here is a chart of normal values (may vary by laboratory).

Count	Gender	Normal Range Conventional Units	Normal Range SI Units
White Blood Cells (WBC)	Males: Females:	4,500 to 10,000 cells/ μ L 4,500 to 10,000 cells/ μ L	4.5 to 1.0 X + 10 ⁹ /L 4.5 to 1.0 X 10 ⁹ /L
Red Blood Cells (RBC)	Males: Females:	4.7 to 6.1 million cells/ μ L 4.2 to 5.4 million cells/ μ L	4.7 to 6.1 X 10 ¹² /L 4.2 to 5.4 X 10 ¹² /L
Hemoglobin (Hgb)	Males: Females:	13.5 to 17.5 g/dL 12 to 15.5 g/dL	8.3 to 10.9 mmol/L 7.5 to 9.6 mmol/L
Hematocrit (Hct)	Males: Females:	40.7% to 50.3% 36.1% to 44.3%	0.41 to 0.50 0.36 to 0.44
Platelets	Adults (54-64 years):	150,000 to 400,000/ μ L	150 to 400 X 10 ⁹ /L

Talk with your doctor

- After keeping track, does it seem that blood counts are in a low range or a normal range?

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