
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.

BLOOD CELL COUNT LOG

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.

Count	Gender	Normal Range Conventional Units	Normal Range SI Units
White Blood Cells	Males: Females:	4,500 to 11,000/ μ L 4,500 to 11,000/ μ L	4.5 to 11.0 X 10 ⁹ /L 4.5 to 11.0 X 10 ⁹ /L
Red Blood Cells	Males: Females:	4.0 to 6.2 million/ μ L 4.0 to 6.2 million/ μ L	4.0 to 6.2 X 10 ¹² /L 4.0 to 6.2 X 10 ¹² /L
Hemoglobin (Hgb)	Males: Females:	14.0 to 18.0 g/dL 12.0 to 16.0 g/dL	8.7 to 11.2 mmol/L 7.4 to 9.9 mmol/L
Hematocrit (Hct)	Males: Females:	39% to 50% 35% to 47%	0.39 to 0.50 0.35 to 0.47
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?
