



## Module 7 – Understanding Kidney Lab Tests

| <b>Anemia Family:</b><br>Tells me if I have enough healthy red blood cells and iron to feel my best |  |  |
|---|--|--|
| <b>Name of Test</b>   | <b>Target Range</b>  | <b>Record Tests</b>  |
| <b>Hemoglobin (Hgb or Hb)</b>   | <ul style="list-style-type: none"> <li>• 14 to 18 g/dL: healthy men</li> <li>• 12 to 16 g/dL: healthy women</li> <li>• 10 to 12 g/dL: people on dialysis</li> </ul>        | Date: _____ Level: _____      Date: _____ Level: _____<br>Date: _____ Level: _____      Date: _____ Level: _____<br>Date: _____ Level: _____      Date: _____ Level: _____ |
| <b>Hematocrit (Hct)</b>   | <ul style="list-style-type: none"> <li>• 40% to 50%: healthy men</li> <li>• 36% to 44%: healthy women</li> <li>• 33% to 36%: people on dialysis</li> </ul>                 | Date: _____ Level: _____      Date: _____ Level: _____<br>Date: _____ Level: _____      Date: _____ Level: _____<br>Date: _____ Level: _____      Date: _____ Level: _____ |
| <b>Ferritin</b>   | <ul style="list-style-type: none"> <li>• 12 to 300 ng/mL: healthy men</li> <li>• 12 to 150 ng/mL: healthy women</li> <li>• 100 to 800 ng/mL: people on dialysis</li> </ul> | Date: _____ Level: _____      Date: _____ Level: _____<br>Date: _____ Level: _____      Date: _____ Level: _____<br>Date: _____ Level: _____      Date: _____ Level: _____ |
| <b>Transferrin saturation (TSAT)</b>  | <ul style="list-style-type: none"> <li>• 20% to 50%: healthy people and those on dialysis</li> </ul>   | Date: _____ Level: _____      Date: _____ Level: _____<br>Date: _____ Level: _____      Date: _____ Level: _____<br>Date: _____ Level: _____      Date: _____ Level: _____ |