01 / START HERE

Your blood-test record



Vitamins and iron / thyroid / liver / kidneys

Copy the report. Keep the context.

Record the test name, result, unit and reference range exactly as the laboratory reports them. Keep the original report with these pages. [1]

Use only the pages you need

The example tests are a filing system, not a list of tests everyone should request. Your clinician decides which tests and repeat dates are appropriate. [2,3]

A flag is a question, not a diagnosis

Copy any H/L or other lab flag; do not add your own. A result inside or outside a range needs interpretation alongside your symptoms and history. [1]

Before the test

Ask about preparation and when to expect results. Tell the clinician about medicines and supplements. Do not fast, stop treatment or change supplements just to complete this organiser; follow the instructions for your test. [2]

Who will review my results? / How do I contact them?

When should I chase missing results?

If the laboratory or clinician requests urgent action, follow that advice rather than waiting for your next tracker review. Sources are on page 8.

02 / RESULTS SHEET

Vitamins & iron

Record the exact test variant. Iron is a mineral; ferritin is an iron-storage marker. [3,4,5]

Sample date and time: _____ Laboratory:

Copy only from your report. Leave tests that were not done blank.

Test	Result	Units	Lab range / limit	Lab flag
Vitamin D - 25(OH)D				
Vitamin B12 (type: ___)				
Folate (type: ___)				
Ferritin				
Iron test (name: ___)				
Other: _____				
Other: _____				

A vitamin D status test and an active vitamin D test are different. Copy the name on your own report; do not compare unlike tests. [3]

Clinician explanation / next action / date

03 / RESULTS SHEET

Thyroid results



TSH, thyroid hormones and antibodies may appear on different reports. Record only tests actually ordered. [6]

Sample date and time: _____ Laboratory:

Copy only from your report. Leave tests that were not done blank.

Test	Result	Units	Lab range / limit	Lab flag
TSH				
Free T4				
Free T3				
Total T4 (if tested)				
Total T3 (if tested)				
Antibody (name: ___)				
Other: _____				

Keep free and total hormone results separate. Write any supplement or medicine instructions from your test provider in the notes below.

Clinician explanation / next action / date

04 / RESULTS SHEET

Liver results



A liver panel includes several measurements. The pattern and your clinical history matter. [7]

Sample date and time: _____ Laboratory:

Copy only from your report. Leave tests that were not done blank.

Test	Result	Units	Lab range / limit	Lab flag
ALT				
AST				
ALP				
GGT				
Bilirubin (type: ___)				
Albumin				
Total protein				

These are not seven separate diagnoses. Do not treat a raised enzyme result as proof of a particular condition. [7]

Clinician explanation / next action / date

05 / RESULTS SHEET

Kidney results



eGFR estimates filtering function. Creatinine and other tests add context. Urine ACR is a urine test, not a blood result. [8]

Sample date and time: _____ Laboratory:

Copy only from your report. Leave tests that were not done blank.

Test	Result	Units	Lab range / limit	Lab flag
Creatinine				
eGFR (as reported)				
Urea (if reported)				
BUN (if reported)				
Other: _____				
Other: _____				
Urine ACR (separate)				

Urea and BUN are different reporting measures; do not copy one into the other. Record any greater-than or less-than sign with the result. [8]

Clinician explanation / next action / date

06 / COMPARE LIKE WITH LIKE

One result over time



Use a separate sheet for each exact test. Keep the original reports.

Exact test name / sample type:

Check the lab, units and method before comparing numbers. Ask your clinician whether results from different laboratories can be compared. Do not silently convert units. [1]

Date	Result	Units	Lab range / limit	Lab / method / notes

What did my clinician say about the trend?

07 / CLOSE THE LOOP

What happens next?



Turn a set of results into a clear conversation.

Questions to take to the review

1. Which results need action, and how soon?

2. Could my medicines, supplements or recent illness affect the results?

3. Is a repeat test needed? Which test, when and who arranges it?

4. If a supplement is suggested, what exact product, dose and review date?

The explanation in my own words

Agreed action	Person arranging it	Due date	Done / result

Next review / how I will receive the results:

This organiser does not interpret results or recommend tests, diagnoses or supplement doses. Do not use it to delay medical advice.

08 / READ MORE

Sources & practical notes

Independent educational resource. No clinical review is claimed.

[1] MedlinePlus: How to understand your lab results
https://medlineplus.gov/lab-tests/how-to-understand-your-lab-results/

[2] NHS: Blood tests
https://www.nhs.uk/tests-and-treatments/blood-tests/

[3] MedlinePlus: Vitamin D test
https://medlineplus.gov/lab-tests/vitamin-d-test/

[4] MedlinePlus: Vitamin B test
https://medlineplus.gov/lab-tests/vitamin-b-test/

[5] MedlinePlus: Iron tests
https://medlineplus.gov/lab-tests/iron-tests/

[6] MedlinePlus: Thyroid tests
https://medlineplus.gov/thyroidtests.html

[7] MedlinePlus: Liver function tests
https://medlineplus.gov/lab-tests/liver-function-tests/

[8] MedlinePlus: eGFR and GFR tests
https://medlineplus.gov/lab-tests/estimated-glomerular-filtration-rate-egfr-and-gfr-tests/

Each results page is reusable. Use day-month-year or YYYY-MM-DD dates consistently. Keep filled pages on your own device or with your paperwork; there is no upload or account.