



YOUR PERSONAL

# LABORATORY TEST TRACKER

→ For additional copies go to:  
[www.PatientResource.com/MMTestTracker.pdf](http://www.PatientResource.com/MMTestTracker.pdf)

▲ Keeping track of your laboratory test results helps you play an active role in treating your multiple myeloma. Bring this worksheet to your appointments to record your results and review them with your health care team. The reference ranges provided

are the values considered normal in healthy individuals. These ranges will vary among laboratories, and your laboratory should provide additional reference ranges with your test results.

\*Write down your lab results below each test date

Classification	Reference ranges	Date of laboratory testing			
<b>Complete Blood Count (CBC)</b>					
White blood cells (WBCs)	3.5-10.5 x 10 <sup>9</sup> /L				
Neutrophils	1.70-7.00 x 10 <sup>9</sup> /L				
Red blood cells (RBCs)	<b>Males:</b> 4.32-5.72 x 10 <sup>12</sup> /L <b>Females:</b> 3.90-5.03 x 10 <sup>12</sup> /L				
Hematocrit	<b>Males:</b> 38.3-50.0% <b>Females:</b> 34.9-44.5%				
Hemoglobin (Hb)	<b>Males:</b> 13.5-17.5 g/dL <b>Females:</b> 12.0-15.5 g/dL				
Platelets	150-450 x 10 <sup>9</sup> /L				
<b>Chemistry Profile</b>					
Glucose, serum	70-140 mg/dL				
Blood urea nitrogen (BUN), serum	<b>Males:</b> 8-24 mg/dL <b>Females:</b> 6-21 mg/dL				
Creatinine, serum	<b>Males:</b> 0.8-1.3 mg/dL <b>Females:</b> 0.6-1.1 mg/dL				
Protein, total, serum	6.3-7.9 g/dL				
Calcium, total, serum	8.9-10.1 mg/dL				
Beta-2-microglobulin, serum	0.70-1.80 mcg/dL				
<b>Serum Electrophoresis (SPEP)</b>					
M-spike (myeloma gamma globulin)	N/A*				
<b>Serum Quantitative Immunoglobulins (Ig's)</b>					
IgG	767-1590 mg/dL				
IgA	61-356 mg/dL				
IgM	37-286 mg/dL				
IgD <sup>†</sup>	≤10 mg/dL				
IgE <sup>†</sup>	Mean: 13.2 kU/L, +1SD=41.0 kU/L, +2SD=127.0 kU/L				
<b>Serum Immunofixation (IFE)</b>					
IFE	N/A*				
<b>Serum Free Light Chain Assay</b>					
Serum free kappa light chains	0.33-1.94 mg/dL				
Serum free lambda light chains	0.57-2.63 mg/dL				
Serum free kappa/lambda ratio	0.26-1.65				
<b>24-Hour Urine Analysis</b>					
24-hour urine total protein	<102 mg/24 hours				
M-spike, urine	N/A*				
Urine immunofixation	N/A*				
Creatinine clearance	70-135 mL/min/SA				

\*Talk to your health care team to learn more about this test.

<sup>†</sup>IgD and IgE levels are not routinely analyzed and are only measured in individuals with that specific type of M-spike.