

Quick Guide to your FMC Health Maintenance Lab Tests

This is not intended to be a comprehensive guide – if you have any questions, always ask your doctor!

CBC	Complete Blood Count - useful for checking many different symptoms or diseases.
WBC	Number of White Blood Cells, for fighting infection.
Hemoglobin	Total amount of hemoglobin in the blood, important for transporting oxygen.
PLT	Platelets - required for blood clotting.
RBC	Number of Red Blood Cells - responsible for carrying oxygen to tissues.
HKT	Hematocrit is the % of blood composed of red blood cells compared to serum.
MCV	Average red blood cell size or Mean Cell Volume.
MCHC	Amount of hemoglobin relative to the size of the cell (hemoglobin concentration) per red blood.
ESR	Erythrocyte Sedimentation Rate, a non-specific marker of chronic inflammation.

Biochemistry labs include tests of liver function, kidney function, blood glucose, and lipid profile.

Alk Phase	Alkaline Phosphatase, a liver enzyme. Increased levels can indicate liver obstruction.
Bilirubin/total	Causes jaundice. Produced by the breakdown of red blood cells or liver disease.
SGOT/AST	Aspartate transaminase, a liver enzyme. Increased levels can indicate liver inflammation.
SGPT/ALT	Alanine transaminase, a liver enzyme. Increased levels can indicate liver inflammation.
Glucose	Measurement of fasting blood glucose; used to check for diabetes.
BUN	Blood urea nitrogen; a kidney waste product which increases with dehydration or kidney disease.
Kreatinin	Creatinine, a kidney waste product which increases with dehydration or kidney disease.
Potassium	Amount of potassium in the blood; to help evaluate an electrolyte imbalance
Sodium	Amount of sodium in the blood
Trig	Triglycerides; a fat in the blood. High levels are associated with increased risk of heart disease.
Cholesterol	Total amount of cholesterol, or lipids, in the blood.
LDL	Low Density Lipoprotein, "Bad" cholesterol.
HDL	High Density Lipoprotein, "Good" cholesterol.
GGT	Gamma Glutamyl Transferase; increases with liver or gall bladder disease or alcohol consumption.
Albumin	Amount of albumin in the blood, the main blood protein.
Total Protein	Total amount of protein in the blood.
Uric Acid	Amount of uric acid in the blood; used as a marker for gouty arthritis.
eGFR	Glomerular Filtration Rate; an estimate of kidney function based on your age and creatinine.
Magnesium	Amount of magnesium in the blood.
sCalcium	Serum calcium. Calcium is an important mineral that is found in the body. Phosphorus
Phosphorus	Amount of phosphate in the blood; vital for energy production, muscle and nerve function, and bone growth.
LDH	Amount Lactic Dehydrogenase in the blood. LDH is released following damage to body tissues/organs.
TSH, Sensitive	A thyroid-stimulating hormone controls production and release of active thyroid hormones.
FT3	Triiodothyronine, active thyroid hormone.
FT4	Free T4 or thyroxine, active thyroid hormone.
CRP	C-Reactive Protein is an acute inflammatory marker in blood.

Brief Explanation of Health Maintenance Lab test

For further information, ask your doctor or visit Labtestsonline.com