VITALS VAULT

FREE GUIDE

Lab History Tracker

One page to record every blood draw with its date, lab, fasting status and illness, so you can compare results fairly and see your own trend over time.

LOG EACH DRAW THE SAME WAY

Draw date	Lab	Fasting?	Sick, stressed or bleeding?	Notes

BEFORE YOU COMPARE TWO RESULTS, TICK

- ☐ Same lab
- ☐ Same time of day
- ☐ Same fasting status
- ☐ No recent illness
- ☐ No recent infection
- ☐ No big stress that week
- ☐ Same units on both reports
- ☐ Both dates written down

WHEN TO RECHECK (GENERAL GUIDE ONLY)

Marker type	Usual recheck	Why
Red blood cell markers such as CBC and HbA1c	3 to 6 months	Red cells live about 60 to 120 days, so these move slowly.
Markers that swing with illness or stress	Repeat when you are well	Inflammation, infection and stress can change some markers quickly.
After blood loss or an acute illness	Sooner, as your clinician advises	These situations need closer follow-up.

QUESTIONS TO ASK

- ☐ Should I repeat this test, and when, given what has changed since my last draw?
- ☐ Can my next draw be run at the same lab as the last one?
- ☐ Could my recent illness or stress make this result less reliable?
- ☐ How often is it reasonable to test a marker like this one?

Sources: Pagana 2021; Beltran 2016; Lorenz 2021. Retest timing is general, not personal; red cell lifespan estimates vary.

Educational only. Not medical advice, and not a diagnosis. Take this to your own clinician. vitalsvault.com