



CBC - Complete Blood Count

“Perhaps it’s a good idea to keep this list handy for when you visit your local haematology unit for blood tests.

Your haematologist will advise you more.”

- **Haemocrit**- ratio of red cells to volume of whole blood. 45-52% Men & 37-48 Women
- **Haemoglobin** - 13.5-17.5g Men & 12.0-15.5g Women
- **Ferritin** - Iron stores. 12-300ng Men & 12-150 ng Women
- **Transferrin** - Transports iron via blood around the body. 170-370 normal. (High level = iron deficiency. Low level = possible liver issues.)
- **Serum** - fluid component of blood.
- **B12** - Produces red blood cells.
- **Magnesium** - Nutrient necessary to regulate blood pressure. Take less than 350mg daily.
- **Vitamin D** - Increases absorption of magnesium & calcium.
- **Folate** - necessary to make red & white blood cells.
- **TIBC** – Total Iron Binding Capacity - measures the blood's ability to attach itself to iron and transport it around the body. A transferrin test is similar; however, if you have iron deficiency anaemia (a lack of iron in your blood), your iron level will be low, but your TIBC will be high.
- **Reticulocyte Count**- related to nosebleeds or potential gastrointestinal (GI) bleeding - checks to see if your bone marrow is making the right amount of red blood cells. If you have too few, your tissues may not get enough oxygen. If you have too many, you could be at risk for blood clots or other health concerns.
- **Phosphate** - supports kidneys. Normal range 2.8-4.5 mg/dL