

Blood Count Record Record

Use the blood count chart to follow your blood counts after treatment. This will help you know when extra precautions are necessary.

White blood cells (WBC): Produced in the bone marrow and part of the body's immune system, helping to fight infection. A normal WBC count is 4,000-11,000 in adults.

Neutrophil: It is the most important type of WBC in fighting infection. You are at higher risk of infection when this number is below 1000. A normal count (sometimes called an ANC) is 2500-7000. A count below 1000 is called neutropenia.

Hemoglobin: The part of a red blood cell that carries oxygen to the tissues. Normal levels for an adult female are 12-16 and 14-18 for an adult male. Generally transfuse below 8.

Platelet: A blood cell that is involved in blood clotting. When this count is below 50,000, you are at higher risk of bleeding. The risk of bleeding increases as the count becomes lower. A normal count is 150,000-300,000 in an adult. Generally transfuse below 10.

Use the treatment column to record days you received chemotherapy, bio or radiation therapy and any types of blood transfusions you may have received.

Date	WBC	Neutrophil	Hemoglobin	Platelets	Treatment

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