

Table 3: Track your lab results

Note: These ranges are included as a guide. Different laboratories may use different ranges, and it is important to refer to the reference range that your laboratory is using.

	Date and Lab results					Normal Ranges (W= Women M= Men)
CD4 Count						Measured in cells/mm ³ . Range 0 to over 1600 - higher is better. Over 200 reduces risk of infections.
HIV Viral load						Measured in copies/mL. Range from undetectable to over 1 million (rare)
HCV Viral load (RNA)						Measured in IU/mL. Range from undetectable to over 40 million. When over 400,00 it reduces the chance of treatment success.
ALT						W: 7 - 30 units/L M: 10 - 55 units/L
AST						W: 9 - 25 units/L M: 10 - 40 units/L
ALP						W: 30 - 100 units/L M: 45 - 115 units/L
GGT						W: Over 45 U/L M: Over 65 U/L
Bilirubin (Direct)						0.0 - 0.4 mg/dL (US) 0 - 7 umol/L (SI units)
Bilirubin (Total)						0.0 - 1.0 mg/dL (US) 0 - 17 umol/L (SI units)
Albumin						3.1 - 4.3 g/dL (US) 31 - 43 g/L (SI units)
PT						11 - 13.5 seconds PT 1.5 - 2 times control is abnormal