

COMMON LAB TESTS

FOR PATIENT
UNDERSTANDING

Disclaimer: This guide is for educational purposes only. Test results should always be discussed with a qualified healthcare professional.

PREPARED FOR:
Pharmacology Made Easy

Blood Glucose Tests

(Fasting / Random / HbA1c)

What this test checks

It measures the amount of sugar (glucose) in your blood.

Why doctors order it

- To check for diabetes or pre-diabetes
- To monitor blood sugar control in diabetic patients
- To investigate symptoms like excessive thirst, frequent urination, weakness, or weight loss

What “high” or “low” usually means

- **High:** Your body may not be handling sugar properly (possible diabetes)
- **Low:** Blood sugar may be too low, which can cause dizziness, sweating, or confusion

👉 Your doctor will decide if treatment or lifestyle changes are needed.

Blood Pressure (BP)

What this test checks

It measures how strongly blood pushes against your arteries.

Why doctors order it

- To detect high blood pressure (hypertension)
- To assess heart and kidney health
- To monitor the response to BP medicines

What “high” or “low” usually means

- **High:** Can increase the risk of heart disease and stroke if untreated
- **Low:** May cause dizziness, weakness, or fainting

👉 BP readings should be checked calmly and repeatedly for accuracy.

CBC – Complete Blood Count

What this test checks

It looks at different types of blood cells:

- Red blood cells (oxygen supply)
- White blood cells (infection defense)
- Platelets (clotting)

Why doctors order it

- It looks at different types of blood cells:
- Red blood cells (oxygen supply)
- White blood cells (infection defense)
- Platelets (clotting)

What “high” or “low” usually means

- To check for anemia
- To look for infection or inflammation
- To investigate weakness, fatigue, or fever

👉 CBC gives general health information, not a diagnosis by itself.

Lipid Profile (Cholesterol Test)

What this test checks

It measures different types of fats in your blood:

- Total cholesterol
- LDL (“bad” cholesterol)
- HDL (“good” cholesterol)
- Triglycerides

Why doctors order it

- To assess heart disease risk
- To guide diet, exercise, or medication
- To monitor cholesterol-lowering treatment

What “high” or “low” usually means

- **High LDL / triglycerides:** Higher risk of heart problems
- **Low HDL:** Less heart protection

👉 Lifestyle changes often play a big role in improving results.

Thyroid Tests

(TSH / T3 / T4)

What this test checks

It measures how well your thyroid gland controls body functions like:

- Energy level & temperature regulation
- Weight
- Heart rate

Why doctors order it

- To evaluate tiredness, weight changes, hair loss, or palpitations
- To diagnose thyroid overactivity or underactivity
- To monitor thyroid medication

What “high” or “low” usually means

- **High TSH:** Thyroid may be underactive
- **Low TSH:** Thyroid may be overactive

👉 Thyroid conditions are common and usually manageable.

Urine Routine Examination

What this test checks

It examines urine for:

- Sugar
- Protein
- Infection signs
- Blood

Why doctors order it

- To detect urinary tract infections (UTI)
- To check kidney health
- To screen for diabetes or dehydration

What “high” or “low” usually means

- **Sugar present:** Possible diabetes
- **Protein present:** Possible kidney stress
- **Infection signs:** May indicate UTI

👉 It is a simple but very informative test.

Final Message to Patients

Test reports are tools, not final answers.

Always discuss your results with your doctor for proper interpretation and guidance.

BOOK APPOINTMENT