

GENERAL VASCULITIS LAB TEST TRACKING TOOL



Vasculitis Foundation Canada
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Canadian vasculitis research network
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Reference ranges for lab results are based on Toronto's University Health Network and Mount Sinai Hospital. **Other lab centres may have different ranges.**
Lab results and changes in treatment should always be reviewed and approved by your healthcare provider(s).
Not every lab test needs to be performed. Your healthcare provider will decide which ones need to be monitored in your case.

DATE PERFORMED										
Hemoglobin (140-180 g/L)										
White blood cells (4-11 x10 ⁹ /L)										
Platelets (150-400 x10 ⁹ /L)										
ALT (<40 U/L)										
Serum creatinine (UHN 64-110 umol/L, MSH 45-80 for females, 55-105 for males)										
EGFR (estimated glomerular filtration rate) (≥60ml/min)										
ESR (erythrocyte sedimentation rate) (0-30 mm/hr)										
C-reactive protein (CRP) (UHN <11 mg/L, MSH <10mg/L)										
Urinalysis for protein via dip stick (normal = 0 or negative)										
Urinalysis for blood via dip stick (normal = 0 or negative)										
Urine ACR (albumin/creatinine ratio) (<2.9 mg/mmol/L)										
HBA1c (for diabetes monitoring)										
LDL cholesterol										
Others:										

VASCULITIS HEALTH TRACKING TOOL



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You can use this tool to keep track of when certain tests, vaccinations and procedures were done.

DATE PERFORMED

Imaging

Bone density										
X-Rays										
CT scans										
MRIs										
Other										

Vaccinations

Ask your doctors for current vaccination guidelines, you may not get the desired vaccination protection if your daily dose of prednisone is greater than 15mg/day, or while on certain immunosuppressive medications. **Live vaccines are to be avoided.**

Flu vaccine (every year)										
Tetanus (every 10 years)										
Pneumococcal (Pneumovax & Prevnar)										
Hepatitis B										
Shingles										
COVID-19 (Brand _____)										

Cancer screening

Stool test (FOBT or FIT)										
Colonoscopy										
Mammogram (females)										
PAP test (females)										
PSA (males)										

Other tests/biopsies/surgeries related to your vasculitis
