

# Watch and wait

## My blood counts

While you're on watch and wait, your doctor will regularly check your blood counts. You can use this sheet to record the results.

	NORMAL RANGE FOR WOMEN	NORMAL RANGE FOR MEN
<b>HAEMOGLOBIN</b>	115g/l to 165g/l	130g/l to 180g/l
<b>WHITE BLOOD CELLS</b>	4 to 11 x 10 <sup>9</sup> /l	4 to 11 x 10 <sup>9</sup> /l
<b>NEUTROPHILS</b>	2 to 7.5 x 10 <sup>9</sup> /l	2 to 7.5 x 10 <sup>9</sup> /l
<b>LYMPHOCYTES</b>	1.3 to 4 x 10 <sup>9</sup> /l	1.3 to 4 x 10 <sup>9</sup> /l
<b>PLATELETS</b>	150 to 440 x 10 <sup>9</sup> /l	150 to 440 x 10 <sup>9</sup> /l

These measurements are used to explain how many blood cells are in a small unit of blood. This range depends on a number of different things, including sex, age, ethnicity and the test method used. Because of this, normal values can vary slightly from hospital to hospital, so the table above should only be used as a rough guide. If you're not sure what your blood counts mean for you, your healthcare team can help you understand them.

### My personal record

DATE OF APPOINTMENT	HAEMOGLOBIN	WHITE BLOOD CELLS	NEUTROPHILS	LYMPHOCYTES	PLATELETS

### **My personal record**

Doctors may also need to run other blood tests to help them monitor your condition. We've kept our template blank here so that you can record the blood tests that are relevant for you.

DATE OF APPOINTMENT						

### My questions:

QUESTIONS FOR MY DOCTOR		THEIR RESPONSE	

### My appointment notes:

DATE OF APPOINTMENT	NOTES

## Finding out more

We offer patient information on many blood cancer types and topics, online and in free printed booklets. They cover everything from symptoms and diagnosis through to treatment and living with your condition.



For more information about watch and wait or specific conditions, go to **[bloodwise.org.uk/info-support](https://bloodwise.org.uk/info-support)**



We also have an online community you may like to join: **[bloodwise.org.uk/bloodwise-community](https://bloodwise.org.uk/bloodwise-community)**



Or you can call our support line on **0808 2080 888** (Mon–Fri 10am–4pm). This is a freephone number.



See our website for more details of cancer information specialists and support groups: **[bloodwise.org.uk/info-support/living-with](https://bloodwise.org.uk/info-support/living-with)**

## About Bloodwise

We're the UK's specialist blood cancer charity.

We've been working to beat blood cancer since 1960.

We fund world-class research; provide practical and emotional support to patients and their loved ones; and raise awareness of blood cancer.

### Disclaimer

We make every effort to make sure that this information is accurate, but you shouldn't rely on it instead of a fully trained clinician. It's important to always listen to your specialist and seek advice if you have any concerns or questions about your health.

Bloodwise can't accept any loss or damage resulting from any inaccuracy in this information. This information was correct at the time it was printed (November 2017).

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Bloodwise, 39–40 Eagle Street, London WC1R 4TH  
**020 7504 2200 | [info@bloodwise.org.uk](mailto:info@bloodwise.org.uk) | [bloodwise.org.uk](https://bloodwise.org.uk)**

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