



# LFT Tracker Sheet

Track Your Results Over Time

## Patient Information:

Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ NHS Number: \_\_\_\_\_

Diagnosis: \_\_\_\_\_

## Test Results:

Date	ALT	AST	ALP	GGT	Bili	Alb	INR	Notes

### Normal Ranges (may vary by lab):

ALT: 7-56 U/L | AST: 10-40 U/L | ALP: 44-147 U/L | GGT: 9-48 U/L | Bili: 0.1-1.2 mg/dL | Alb: 3.5-5.5 g/dL | INR: 0.8-1.2

■ Tip: Bring this sheet to all doctor appointments. Track trends over time, not just individual results.

## Symptoms & Observations:

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### ■ Questions for Next Appointment:

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