

Keeping track of your lab values is important when you are living with PNH.

Your healthcare provider will use a number of different tests to monitor and track your paroxysmal nocturnal hemoglobinuria (PNH) over time. Using the results from these tests, your healthcare provider will be able to better manage your PNH.


It is also important for you to keep track of your lab results and discuss any changes with your healthcare provider.

Use this form to enter your lab values and bring it with you to each healthcare appointment.

Date: Date: Date: Date: Date: Date:

 **LDH**
(IU/L)

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 **Clone size**
(%)

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 **Reticulocytes**
(%)

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 **Hemoglobin**
(g/dL)


--	--	--	--	--	--

 **Platelets**
(/L)

--	--	--	--	--	--

 **White blood cells**
(/L)

--	--	--	--	--	--

 **Serum creatinine**
(mg/dL)

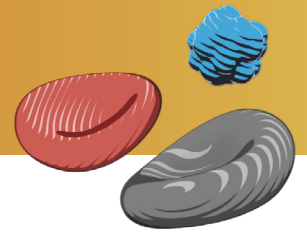
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LDH=lactate dehydrogenase.

Your healthcare provider may use some or all of these tests, in addition to others, to monitor your health. Talk to your healthcare provider to learn more about your PNH management plan.

You'll find a short description of each of these lab measures on the next page.

Monitoring Your PNH Tests



About your tests



Lactate dehydrogenase (LDH)

An enzyme that is released when red blood cells are damaged. If your LDH levels are elevated—even slightly—this could be a sign of increased PNH activity in your body.



Clone size

The percentage of blood cells in your body affected by PNH. A larger clone size means you have a higher percentage of PNH blood cells, but even small clone sizes can lead to PNH-related health problems.



Reticulocytes

An immature red blood cell. A higher than normal amount of reticulocytes means red blood cells are being destroyed faster than the bone marrow can replace them.



Hemoglobin

A protein contained in red blood cells that is responsible for the delivery of oxygen to the tissues.



Platelets

A type of blood cell that helps prevent and stop bleeding. A low platelet count can lead to bruising easily and bleeding that does not stop quickly.



White blood cells

Part of the body's immune system that helps your body fight infection.



Serum creatinine

A waste product in the blood. An increased level of serum creatinine may be a sign of decreased kidney function.

You can download additional lab tracking forms at [PNHSource.com](https://www.pnhsource.com).



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