Two reports, one timeline · worked example

For coaches and athletes. Record what each report printed before you compare. Read each result against the interval its own lab printed.

1. The two reports

	Report 1	Report 2
Lab	Fictional Reference Laboratory (US)	Fictional Pathology Partnership (UK)
Date collected	14 Mar 2026	7 Oct 2026
Time collected	08:10	16:40
Fasting?	Yes (12 h)	Not stated
Specimen	Serum; whole blood	Serum; dried blood spot
Unit system	US conventional	UK SI
Hard training or racing in the 48 h before?	Not recorded	Not recorded
Illness or infection in the 2 weeks before?	Not recorded	Not recorded
Supplements or medicines (including biotin)	Not recorded	Not recorded

2. Results, as printed

Marker	R1 value	R1 unit	R1 lab interval	R2 value	R2 unit	R2 lab interval	Same unit?	Missing context
Ferritin	24 L	ng/mL	38–380	19 L	µg/L	30–400	same number	time of day, illness?
Haemoglobin	14.1	g/dL	13.2–17.1	138	g/L	130–170	×10 (14.1 g/dL = 141 g/L)	
TSH	2.90	mIU/L	0.40–4.50	3.10	mU/L	0.27–4.20	same number	time of day
Free T4	1.1	ng/dL	0.8–1.8	13.9	pmol/L	12.0–22.0	×12.87 (1.1 = 14.2)	
Vitamin D (25-OH)	26 L	ng/mL	30–100	54	nmol/L	50–175	×2.496 (26 = 64.9)	season
HbA1c	5.7 H	%	<5.7	39	mmol/mol	<42	5.7% = 39 mmol/mol	
Lp(a)	68 H	mg/dL	<30	150 H	nmol/L	<75	no: cannot convert	different measure

3. Missing context

☒ Different labs or methods ☒ Different units ☒ Different time of day ☒ Fasting not stated
☒ Training in the 48 h before not recorded ☐ No interval printed ☒ Name differs between reports

4. Questions for your clinician

1. Can these two reports be compared, given different labs, times of day and units?
2. Ferritin is below the lab's interval on both dates and haemoglobin is not. What would you want to know or check?
3. Should a repeat test be taken at the same time of day and fasting state as the first?

This sheet does not interpret results and is not medical advice. Take it to your clinician. Filled in from fictional sample reports (not a real person). Read a report free, without an account: lifefrom.ai/read/blood-test