

My Test Tracker

Getting tested and keeping track of your results is a good way to check your progress. Tests provide a way for your doctor and you to monitor the status of your disease and effectiveness of your treatment plan. If your test results have changed ask your medical team what should be done.

Use My Test Tracker to keep track of when you get tests done, and your results. Be sure to enter in every test result so you and your physician can monitor your progress over time.

Enter date: _____

Test	Test Received	Test Date	Test Results	Expected Test Results	Test Frequency: Goals NOT Achieved	Test Frequency: Goals Achieved
Complete Checkup			N/A		12 months	12 months
Blood Tests						
Hemoglobin			g/dL	Women should aim for hemoglobin greater or equal to 11.0g/dL. Men should aim for greater than or equal to 12.0g/dL.	3-6	12-24
Platelet Count			µL	Your platelet count should be between 120,000 and 60,000 to prevent bleeding.	3-6	12-24
Spleen/ Liver Tests						
Spleen Volume			CC	Aim to reduce your spleen volume by 30cc to 50cc within 1 year.	12	12-24
Liver Volume			CC	Aim to reduce your liver volume by 20cc to 30cc within 1 to 2 years.	12	12-24
Bone Tests						
MRI			Improvement <input type="radio"/> Stable <input type="radio"/> Worse <input type="radio"/>		12	12-24
X-Ray			Improvement <input type="radio"/> Stable <input type="radio"/> Worse <input type="radio"/>		12	12-24
DEXA			Improvement <input type="radio"/> Stable <input type="radio"/> Worse <input type="radio"/>		12	12-24

Personal Notes: _____
