

SAMPLE REPORT | TIRED ALL THE TIME SCREENING

Tired All The Time

An example of the report you receive after your blood test



PATIENT

Sample Report

DOB (AGE)

XX/XX/XXXX (00)

GENDER

XX

SAMPLE DATE

XX/XX/XXXX

REPORT DATE

XX/XX/XXXX

REPORT REF

SAMPLE

THIS IS A SAMPLE REPORT

The results shown here are illustrative and do not belong to a real patient. They are included to show how your own results would be presented, explained and reviewed. Your report would carry your own name, dates and results.

Before you read your results

Important notice

Your results in this report are shown alongside a “reference range”: this represents the range of values typically seen in the majority of healthy individuals.

Frequently asked questions

If my results are outside the reference range, does that mean they are abnormal?

Not necessarily. While results outside the reference range may suggest a possible abnormality, they must be interpreted in the context of your age, medical history, and any medications you are taking. In this report, we have highlighted any results that are either positive or fall outside the normal range, so they can be reviewed by a doctor or suitably qualified nurse.

What should I do next?

Do not make any changes to your current medications without first consulting your treating doctor. Lifestyle changes may be beneficial, but these should also be discussed with a doctor or qualified nurse who can ensure any recommendations are appropriate for your individual circumstances and help you maintain any changes in the long term.

How to read the status column

GREEN

Within the reference range for this test.

AMBER

Outside the reference range, or above target. Needs interpreting in context.

RED

Outside the range to a degree that warrants prompt clinical review.

What is in this report

- | | |
|----------------------------|--------------------|
| 01 Summary (at a glance) | 07 Diabetes & Gout |
| 02 Full Blood Count | 08 Heart Health |
| 03 White Cell Differential | 09 Thyroid Health |
| 04 Kidney Health | 10 Iron Status |
| 05 Bone Health | 11 Vitamin Status |
| 06 Liver Health | |

How to use this report

01 Grouped by area of health

Each section brings together the tests that belong to one part of the body, so related results sit side by side.

02 Every test explained

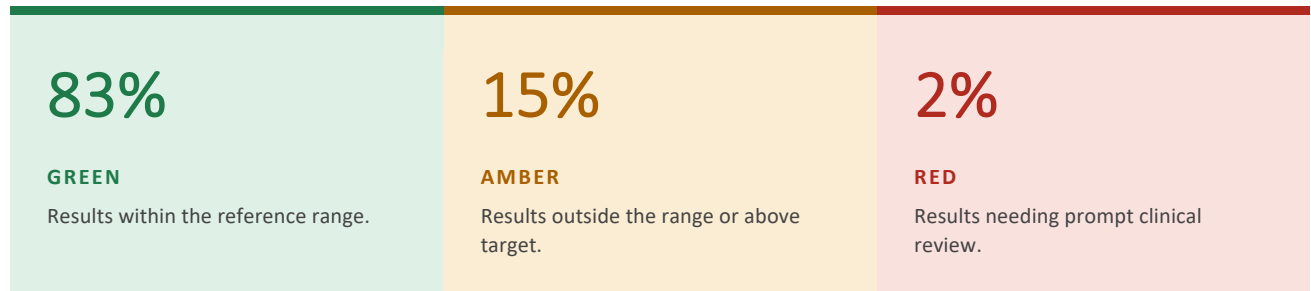
The final column of each table says in plain English what the test measures and what your result means.

03 Anything flagged is pulled together

Results outside the range appear in the summary and are discussed again in the GP comments at the end.

Summary at a glance

A breakdown of how your results were categorised across all tests in this profile.



Results flagged for review

The tests below fall outside the reference range or above target. Each is explained in the relevant section and in the GP comments at the end of this report.

TEST	YOUR RESULT	REFERENCE	STATUS	SECTION
Ferritin	6 µg/L	13–150	RED	Iron Status
Haemoglobin	113 g/L	115–155	AMBER	Full Blood Count
MCV	78.2 fL	80–99	AMBER	Full Blood Count
MCH	25.9 pg	27.0–33.5	AMBER	Full Blood Count
RDW	15.8 %	11.5–15.0	AMBER	Full Blood Count
Iron	5.8 µmol/L	6.6–26.0	AMBER	Iron Status
TIBC	78 µmol/L	41–77	AMBER	Iron Status
Transferrin saturation	7 %	20–55	AMBER	Iron Status
25 OH Vitamin D	34 nmol/L	50–200	AMBER	Vitamin Status

Full Blood Count

Checks red cells (oxygen carriage), platelets (clotting) and related indices for anaemia or clotting issues.

TEST	YOUR RESULT	REFERENCE	STATUS	WHAT THIS TEST MEANS
Haemoglobin	113 g/L	115–155	AMBER	Oxygen-carrying protein in red blood cells. Result is just below the reference range, which indicates a mild anaemia. The pattern of the other red cell results points to iron as the likely cause, and this is discussed in the GP comments.
Haematocrit (HCT)	0.340	0.33–0.45	GREEN	Proportion of blood made up of red blood cells. Result is within the reference range, though at the lower end.
Red cell count (RBC)	$4.35 \times 10^{12}/L$	3.95–5.15	GREEN	Number of red blood cells in circulation. Result is within the reference range.
MCV	78.2 fL	80–99	AMBER	Average size of red blood cells. Result is slightly below the reference range. Smaller than average red cells are most often seen when iron stores are low.
MCH	25.9 pg	27.0–33.5	AMBER	Average amount of haemoglobin per red blood cell. Result is slightly below the reference range, which fits with the smaller red cell size above.
MCHC	332 g/L	300–350	GREEN	Haemoglobin concentration within red blood cells. Result is within the reference range.
RDW	15.8 %	11.5–15.0	AMBER	Variation in red blood cell size. Result is slightly above the reference range. This commonly rises early in iron deficiency, as newer smaller cells mix with older normal ones.
Platelet count	$388 \times 10^9/L$	150–400	GREEN	Clotting cells that help prevent bleeding. Result is within the reference range, though towards the upper end, which can be seen alongside low iron.
MPV	9.8 fL	7–13	GREEN	Average platelet size, interpreted alongside the platelet count. Result is within the reference range.

White Cell Differential

Breaks down the immune cells (neutrophils, lymphocytes, etc.) to look for infection or inflammation patterns.

TEST	YOUR RESULT	REFERENCE	STATUS	WHAT THIS TEST MEANS
White cell count (WCC)	6.20 ×10 ⁹ /L	3.0–10.0	GREEN	Total white blood cells reflecting immune activity. Result is within the reference range.
Neutrophils	3.52 ×10 ⁹ /L (56.8%)	2.0–7.5	GREEN	White cells important for fighting bacterial infections. Result is within the reference range.
Lymphocytes	1.98 ×10 ⁹ /L (31.9%)	1.2–3.65	GREEN	White cells important for viral defence and antibody responses. Result is within the reference range.
Monocytes	0.48 ×10 ⁹ /L (7.7%)	0.2–1.0	GREEN	White cells involved in clearing infection and inflammation. Result is within the reference range.
Eosinophils	0.15 ×10 ⁹ /L (2.4%)	0.0–0.4	GREEN	White cells often linked to allergy and parasites. Result is within the reference range.
Basophils	0.07 ×10 ⁹ /L (1.1%)	0.0–0.1	GREEN	White cells involved in allergic responses. Result is within the reference range.
ESR	9 mm/hr	1–23	GREEN	A non-specific marker of inflammation. Result is within the reference range, which is reassuring against an inflammatory cause for tiredness.

Kidney Health

Assesses fluid and salt balance and how well the kidneys filter waste products (U&E, creatinine, eGFR).

TEST	YOUR RESULT	REFERENCE	STATUS	WHAT THIS TEST MEANS
Sodium	140 mmol/L	135–145	GREEN	Main blood salt that reflects fluid balance. Result is within the reference range.
Potassium	4.2 mmol/L	3.5–5.1	GREEN	Important blood mineral that helps regulate heart rhythm, muscle function and fluid balance. Result is within the reference range.
Chloride	102 mmol/L	98–107	GREEN	Electrolyte that tracks with sodium and acid-base balance. Result is within the reference range.
Bicarbonate	26 mmol/L	22–29	GREEN	Marker of acid-base balance. Result is within the reference range.

TEST	YOUR RESULT	REFERENCE	STATUS	WHAT THIS TEST MEANS
Urea	4.8 mmol/L	1.7–8.3	GREEN	Waste product influenced by hydration, protein intake and kidney function. Result is within the reference range.
Creatinine	68 µmol/L	45–84	GREEN	Waste product filtered by the kidneys. Result is within the reference range.
eGFR (CKD-EPI)	88 mL/min/1.73m ²	≥60	GREEN	Estimate of kidney filtration rate. Result is within the expected range.

Bone Health

Mineral balance related to bone strength and metabolism (calcium, corrected calcium, magnesium and phosphate).

TEST	YOUR RESULT	REFERENCE	STATUS	WHAT THIS TEST MEANS
Calcium	2.33 mmol/L	2.20–2.60	GREEN	Mineral important for bones, nerves and muscle function. Result is within the reference range.
Corrected calcium	2.35 mmol/L	2.20–2.60	GREEN	Calcium adjusted for albumin level, which is the more useful single value. Result is within the reference range.
Magnesium	0.85 mmol/L	0.60–1.00	GREEN	Mineral important for nerves, muscles and energy metabolism. Result is within the reference range.
Phosphate	1.12 mmol/L	0.87–1.45	GREEN	Mineral important for bone strength and energy metabolism. Result is within the reference range.

Liver Health

Liver enzymes and proteins that change with inflammation, obstruction, alcohol, medicines or fatty liver.

TEST	YOUR RESULT	REFERENCE	STATUS	WHAT THIS TEST MEANS
Bilirubin	9 µmol/L	0–20	GREEN	Pigment produced from red blood cell breakdown and processed by the liver. Result is within the reference range.
ALP	76 IU/L	35–104	GREEN	Enzyme from bile ducts and bone. Result is within the reference range.
AST	21 IU/L	0–31	GREEN	Enzyme found in liver and muscle. Result is within the reference range.
ALT	19 IU/L	10–35	GREEN	Enzyme more specific to the liver. Result is within the reference range.

TEST	YOUR RESULT	REFERENCE	STATUS	WHAT THIS TEST MEANS
GGT	16 IU/L	6–42	GREEN	Enzyme linked to bile ducts, alcohol intake, medicines and fatty liver. Result is within the reference range.
Total protein	71 g/L	63–83	GREEN	Total of albumin and globulins in the blood. Result is within the reference range.
Albumin	43 g/L	34–50	GREEN	Main protein made by the liver. Result is within the reference range.
Globulin	28 g/L	19–35	GREEN	Group of proteins including antibodies. Result is within the reference range.

Diabetes & Gout

Markers of glucose control and metabolic risk (including HbA1c, uric acid).

TEST	YOUR RESULT	REFERENCE	STATUS	WHAT THIS TEST MEANS
HbA1c	34 mmol/mol (5.3%)	20–41 (4.0–6.0%)	GREEN	Average blood sugar over the past 2 to 3 months. Result is within the normal non-diabetic range, which makes diabetes an unlikely cause of tiredness.
Random blood glucose	5.1 mmol/L	3.5–7.9	GREEN	Blood sugar at the time of sampling. Result is within the reference range.
Uric acid	248 µmol/L	175–363	GREEN	Waste product that can be associated with gout at high levels. Result is within the reference range.

Heart Health

Cholesterol and triglycerides used to estimate long-term heart risk alongside age, blood pressure, smoking and diabetes.

TEST	YOUR RESULT	REFERENCE	STATUS	WHAT THIS TEST MEANS
Total cholesterol	4.6 mmol/L	Optimum <5.0	GREEN	Overall cholesterol level in the blood. Result is within the optimum range.
HDL cholesterol	1.6 mmol/L	1.2–1.7	GREEN	Good cholesterol that is generally protective. Result is within the reference range.
HDL % of total	35 %	20 and over	GREEN	Proportion of total cholesterol that is HDL. Result is within the reference range.
LDL cholesterol	2.4 mmol/L	Up to 3.0	GREEN	Bad cholesterol linked with artery plaque build-up. Result is within target.
Triglycerides	1.3 mmol/L	<2.3	GREEN	Blood fats influenced by diet, weight and alcohol. Result is within the reference range.

TEST	YOUR RESULT	REFERENCE	STATUS	WHAT THIS TEST MEANS
Non-HDL cholesterol	3.0 mmol/L	<3.9	GREEN	All cholesterol considered atherogenic (total minus HDL). Result is within target.

Thyroid Health

TSH and Free T4 show how the thyroid gland is functioning.

TEST	YOUR RESULT	REFERENCE	STATUS	WHAT THIS TEST MEANS
TSH	2.84 mIU/L	0.27–4.2	GREEN	Pituitary hormone that signals the thyroid gland. Result is within the reference range, which makes an underactive thyroid an unlikely cause of tiredness.
Free T4	14.2 pmol/L	12.0–22.0	GREEN	Active thyroid hormone circulating in the blood. Result is within the reference range.

Iron Status

Assesses iron availability (iron), carrying capacity (TIBC), utilisation (transferrin saturation) and stores (ferritin).

TEST	YOUR RESULT	REFERENCE	STATUS	WHAT THIS TEST MEANS
Iron	5.8 µmol/L	6.6–26.0	AMBER	Circulating iron available at the time of the test. Result is below the reference range.
TIBC	78 µmol/L	41–77	AMBER	Total iron-binding capacity, a measure of how much iron the blood could carry. Result is slightly above the reference range, which is the expected pattern when iron stores are low.
Transferrin saturation	7 %	20–55	AMBER	Percentage of the blood's iron-carrying capacity that is actually filled. Result is well below the reference range, indicating little available iron.
Ferritin	6 µg/L	13–150	RED	Stored iron in the body, and the single most useful test of iron status. Result is clearly below the reference range, which confirms depleted iron stores. This is a common and very treatable cause of persistent tiredness. Clinical review is recommended.

Vitamin Status

Assesses key vitamins important for blood health, energy and immune function.

TEST	YOUR RESULT	REFERENCE	STATUS	WHAT THIS TEST MEANS
Active B12	48.2 pmol/L	25.1–165.0	GREEN	Active vitamin B12 supporting nerves, energy and blood health. Result is within the reference range.
Red cell folate	420 nmol/L	340–1474	GREEN	Folate stores over the life of red blood cells. Result is within the reference range.
25 OH Vitamin D	34 nmol/L	50–200	AMBER	Main measure of vitamin D status for bone, muscle and immune health. Result is below the reference range. Low vitamin D is common in the UK, particularly over the winter, and can contribute to tiredness and aching muscles. It is straightforward to correct with a supplement.

SAMPLE

GP comments and next steps

A clinician's interpretation of your results, taken as a whole.

Full blood count (red cells & platelets)

Your haemoglobin is just below the reference range, which indicates a mild anaemia. The red cells are smaller than average and carry slightly less haemoglobin than usual, and the variation in their size is a little raised. Taken together this is the classic pattern of iron deficiency rather than any other cause of anaemia, and it fits with the iron results below. Your platelet count and platelet size are normal.

White cells & inflammation

The total white cell count and the full breakdown of white cell types are all within the reference ranges, and the ESR, a general marker of inflammation, is normal. This is reassuring and does not suggest infection or an inflammatory condition as the cause of your tiredness.

Kidney function & electrolytes

Sodium, potassium, chloride, bicarbonate and urea are all within range, and creatinine and the eGFR of 88 indicate normal kidney filtration. Kidney problems can cause fatigue, so it is useful to have this group come back clear.

Bone health & minerals

Calcium, corrected calcium, magnesium and phosphate are all within the reference ranges. Corrected calcium is the more useful of the two calcium figures, because it adjusts for the albumin level in your blood.

Liver function & proteins

Bilirubin, ALP, AST, ALT and GGT are all within the normal ranges, which does not suggest liver inflammation or a fatty liver. Total protein, albumin and globulin are also normal, which is reassuring for nutrition and general protein balance.

Blood sugar, and uric acid

Your HbA1c, which reflects average blood sugar over the past two to three months, is comfortably within the normal non-diabetic range, and your blood glucose at the time of the test was normal. Undiagnosed diabetes is a recognised cause of persistent tiredness, so this is a useful thing to have excluded. Uric acid, which relates to gout risk, is also normal.

Cholesterol & heart health

Total cholesterol, LDL cholesterol, non-HDL cholesterol and triglycerides are all within target, and HDL, the protective form, is in the normal range. This is a healthy lipid profile and needs no action.

Thyroid function

TSH and Free T4 are both within the normal ranges, which does not suggest an underactive or overactive thyroid. An underactive thyroid is one of the commonest medical causes of tiredness, so this is an important one to have ruled out.

Iron status

This is the main finding in your profile. Your ferritin, which measures the iron stored in your body, is clearly below the reference range at 6, and your transferrin saturation and serum iron are both low while your iron-binding capacity is raised. Together these confirm that your iron stores are depleted, and this is almost certainly the explanation for both the mild anaemia and a good part of how you have been feeling. Iron deficiency is common and very treatable, usually with an iron supplement taken for several months and then rechecked. It is also worth a conversation about why the iron has become low in the first place, which may relate to diet, heavy periods, or absorption, and your clinician will guide that.

Vitamin status

Active B12 and red cell folate are both within range, which is reassuring, as low levels of either can cause tiredness and affect the blood count. Vitamin D is below the reference range. This is very common in the UK, particularly through the winter months, and can contribute to tiredness, low mood and aching muscles. It is easily corrected with a supplement.

Overall interpretation

Most of this profile is normal, including your kidney function, liver function, thyroid function, blood sugar, cholesterol, bone chemistry and white cell counts. Importantly, several of the common medical causes of persistent tiredness have been looked for and not found. What the screen has identified is depleted iron stores with a mild anaemia, together with a low vitamin D. Both are common and both respond well to treatment, so this is an encouraging set of results in the sense that there is something clear and fixable to work on. The next step is a review to start treatment, agree how long to continue it, and arrange a repeat blood test to confirm the levels have come back up.

What happens next

- 1 Read through your results**

Work through each section alongside the status key. The final column explains what every test measures and what your result means.
- 2 Book a review appointment**

This report contains results flagged red and amber, so a review is recommended. You can book a consultation with one of our GPs at Jenhams Clinic, or take this report to your own healthcare provider. They will interpret the results alongside your medical history, medication and symptoms.
- 3 Agree a plan**

This may include starting a supplement, repeating certain tests to confirm levels have improved, or looking further into why a level has become low. Do not stop or change any medication before speaking to your treating doctor.

SPEAK TO US ABOUT YOUR RESULTS

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ABOUT THIS REPORT

This report presents the results of a tired all the time health screening blood profile requested through Jenhams Clinic. Reference ranges are those supplied by the reporting laboratory and may differ slightly between laboratories. Results are a snapshot at the time of sampling and should always be interpreted in the context of your age, medical history, medication and symptoms. This report does not constitute a diagnosis and is not a substitute for a consultation with a doctor or suitably qualified nurse.