

Serum Electrolytes Panel Report Sample

Patient Information:

- Name: John Doe
- Age: 28
- Gender: Male
- Sample Collection Date: 2024-11-18
- Report Generation Date: 2024-11-19

Electrolyte	Result	Reference Range	Status	Unit
Sodium (Na ⁺)	110.0	136.0 – 145.0	Low	mEq/L
Potassium (K ⁺)	8.0	3.5 – 5.1	High	mEq/L
Chloride (Cl ⁻)	99.0	98.0 – 107.0	Normal	mEq/L
Bicarbonate (HCO ₃ ⁻)	25.0	22.0 – 28.0	Normal	mEq/L
Calcium (Ca ²⁺)	18.0	8.6 – 10.2	High	mg/dL
Magnesium (Mg ²⁺)	1.9	1.8 – 2.3	Normal	mg/d

Important Note for Patients:

- Follow Up with Your Doctor:**
 - Abnormal electrolyte levels (e.g., low sodium, high potassium, or high calcium) can indicate underlying conditions such as kidney issues, dehydration, or hormonal imbalances. Immediate medical advice is essential.
- Stay Hydrated:**
 - Proper hydration is crucial to maintain electrolyte balance. Avoid excessive intake of fluids if instructed otherwise by your doctor.
- Dietary Modifications:**
 - For **low sodium**: Consider increasing sodium intake under medical supervision.
 - For **high potassium**: Avoid potassium-rich foods like bananas, oranges, and spinach.
 - For **high calcium**: Reduce calcium supplements and dairy products if advised.

Dr. Anjan Biswas
(MD, PATHOLOGIST)