Laboratory Report (Advanced Well Woman Blood Test)

CLIENT

Surname : **HABANOVA**
Forename : **VIKTORIA**
D.O.B. : **4-JUL-1984**
Sex : **F**

Observation Date : **8-OCT-2025**
PID : **2021085296**
Laboratory : **Inuvi Diagnostics**

Our laboratories are regulated by the CQC and are fully UKAS accredited.

Doctor's Overview

Hi Viktoria,

Thank you for choosing our Advanced Well Woman Blood Test to monitor your health. It is great that you are proactive about your health and I am pleased to be able to try and help you with this.

I can see from the information you provided that you are taking this test as a general health check and to become better informed about your overall health.

Your periods are usually regular and you are currently pregnant - congratulations.

Thank you for taking the time to inform me of this as it helps me interpret your results and tailor the advice about your results.

You will see that most of the results came back in the "normal" ideal range which is great. There are a few "red" or borderline results I want to draw your attention to. I will discuss these in more detail for you.

RED BLOOD CELLS & IRON LEVELS
Your haemoglobin level is normal, but you have a low haematocrit and a borderline low red cell count.
The most common reason for this pattern of results is iron deficiency.

When I look at your iron profile you have suboptimal levels of ferritin.
Ferritin reflects the iron stores in the body.
I recommend increasing your dietary iron intake (by consuming foods such as beans, lentils, tofu, dark green veg, and chicken & lean beef if you eat meat). You can pair these with high vitamin C sources to help absorb your iron better. It is very common to develop low iron in pregnancy so you may want to keep an eye on this with a repeat teat in 3 months.

WHITE BLOOD CELLS
Your white cell counts are all normal which is great.

CLOTTING TEST
Your clotting markers are normal

KIDNEY HEALTH
The urea and creatinine were normal. **The slightly low creatinine is no cause for concern and just a sign of good hydration status.**
Your kidney filtration is healthy.

LIVER TESTS & SERUM PROTEINS
These were entirely normal.

BLOOD SUGAR / DIABETES
You do not have diabetes.

CHOLESTEROL
Although your total cholesterol level is a little high, the good news is that **your total cholesterol:HDL ratio is normal because you have a good percentage of protecting HDL cholesterol.** The healthy levels of HDL cholesterol protect you against future

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cardiovascular disease.

Even though your cholesterol levels are good I would always encourage you to optimise these levels by maintaining a healthy diet and active lifestyle as any reduction in the cholesterol ratio will lower your risk further of future heart disease and stroke.
As your bad cholesterol (non HDL/LDL cholesterol) were at the top of the normal range, you can try and lower this by reducing foods that are high in fat dairy (for example cream, cheese), butter, highly processed foods, cakes & biscuits and foods that contain palm or coconut oil. It may be worthwhile cutting these foods out from your diet if you have not done so already.
You can try to improve your healthy HDL cholesterol further by having a diet high in omega 3 food sources such as oily fish (salmon / mackerel), but if you do not eat fish some omega 3 supplements might help. You should also ensure you have good fibre intake and high plant sterols (with good levels of daily fruit and vegetables). All of this will also help lower bad cholesterol and fat.
Moderate exercise approx 2.5hr per week has also been proven to help lower the bad cholesterol so it may be worth increasing your exercise if you are not doing this already. Try and aim for an intensity to get your heart rate beating faster. If you cannot manage 2.5hr of moderate exercise 75min of high intensity exercise is the equivalent - this is where your heart rate is significantly higher and you are unable to speak easily while exercising. Please do not undertake high intensity exercise if you have a heart condition without checking it is safe to do so with your NHS GP.

INFLAMMATION & GOUT
You do not have any signs of inflammation / gout.

VITAMINS & MINERALS
Your Magnesium and Vitamin D levels were all in the optimal range which is excellent.

FOLATE & VITAMIN B12
You have high levels of serum folate and Vitamin B12. If you are taking supplements of these thenthis is expected. It is likely this is the case as women are recommended to take folic acid during the first trimester of pregnancy.

If you are not taking supplements I recommend you speak to your NHS GP about these results. If you are on Vitamin B12 injections, the B12 result is expected and no changes are required to your treatment.

THYROID CHECK
Your thyroid function tests were normal.

REPRODUCTIVE HORMONES
Your female hormone blood tests all appear to be normal for this stage of your pregnancy.

SUMMARY
In summary, most of your biomarkers are in the normal range. Boosting your iron intake is sensible to support your pregnancy.

Please follow up with your NHS GP on the points highlighted above if you have any concerns about the advice I have given.
I hope you find this useful.

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Dr. Susanna Hayter
MB Bs BSc (Hons) DRCOG
GMC Number: 4633965

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Red Blood Cells

Haemoglobin	122 g/L Please note Prolonged storage in EDTA may result in falsely raised MCV, HCT, RDW and MPV with a falsely lower MCHC. Delays in testing can also adversely affect the WBC count and Diff. Treat results with caution. (Range: 115 - 165)
Haematocrit	x 0.369 L/L (Range: 0.37 - 0.47)
Red Cell Count	3.91 10^12/L (Range: 3.8 - 5.8)
MCV	94.3 fL (Range: 80 - 100)
MCH	31.2 pg (Range: 27 - 32)
MCHC	330 g/L (Range: 320 - 360)
RDW	11.8 % (Range: 11.5 - 15)

White Blood Cells

White Cell Count	8.7 10^9/L (Range: 3 - 11)
Neutrophils	5.5 10^9/L (Range: 2 - 7.5)
Lymphocytes	2.15 10^9/L (Range: 1.5 - 4.5)
Monocytes	0.63 10^9/L (Range: 0.2 - 0.8)
Eosinophils	0.40 10^9/L (Range: 0 - 0.4)
Basophils	0.050 10^9/L (Range: 0 - 0.1)

Clotting Status

Platelet Count	233 10^9/L (Range: 150 - 450)
MPV	10.6 fL (Range: 7 - 13)

Kidney Health

Urea	5.7 mmol/L (Range: 2.5 - 7.8)
Creatinine	x 54 umol/L (Range: 55 - 100)
eGFR	>90 ml/min/1.73m2 (Range: ≥ 60)

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Liver Health

Bilirubin	9 umol/L (Range: < 22)
ALP	33 U/L (Range: 30 - 130)
ALT	13 U/L (Range: < 34)
GGT	14 U/L (Range: < 38)

Proteins

Total Protein	77 g/L (Range: 60 - 80)
Albumin	49 g/L (Range: 35 - 50)
Globulin	28 g/L (Range: 19 - 35)

Diabetes

HbA1c	36 mMol/Mol

HbA1C Reference range as per NICE guideline [NG17/PH38/NM148]
<42: Non-diabetic
42 - 47: Impaired glucose regulation/increased risk of diabetes mellitus
>48: Consistent with diabetes mellitus/impaired glucose regulation

(Range: 20 - 42)

Cholesterol Status

Total Cholesterol	x 5.20 mmol/L (Range: < 5)
LDL Cholesterol	2.61 mmol/L (Range: < 3)
Non HDL Cholesterol	2.99 mmol/L (Range: < 4)
HDL Cholesterol	2.21 mmol/L (Range: > 1.2)
Total Cholesterol : HDL	2.35 Ratio (Range: < 6)
Triglycerides	0.84 mmol/L

Fasting: <1.8 mmol/L
Please note non-fasting range now given as primary range.

(Range: < 2.3)

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Inflammation

CRP HS	0.90 mg/L (Range: < 3)

Gout Risk

Uric Acid	174 umol/L (Range: 140 - 360)

Iron Status

Iron	25.9 umol/L (Range: 10 - 30)
TIBC	60 umol/L (Range: 45 - 81)
UIBC	34.1 umol/L (Range: 13 - 56)
Transferrin Saturation	43 % (Range: 25 - 45)
Ferritin	56 ug/L Please note change in ref range for females in line with NICE recommendations. (Range: 30 - 207)

Minerals

Magnesium - Serum	0.92 mmol/L (Range: 0.7 - 1)

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Vitamins

Folate - Serum	>45.4 nmol/L Please note: A Folate result between 7-13 nmol/L may indicate a possible Folate deficiency. (Range: > 7)
Vitamin B12 - Active	>150.0 pmol/L Please note change of reference range 29 Jul 2024. (Range: > 37.5)
Vitamin D	112 nmol/L Total 25(OH) vitamin D < 25 nmol/L is deficient. Total 25(OH)D of 25-50 nmol/L may be inadequate in some people. Total 25(OH)D > 50 nmol/L is sufficient in most individuals. Total Vitamin D level >250 nmol/L - indicates potential for toxicity. Please note change of reference range 23 Oct 2022 (Range: 50 - 250)

Thyroid Hormones

TSH	2.040 mIU/L (Range: 0.27 - 4.2)
Free T3	3.3 pmol/L (Range: 3.1 - 6.8)
Free Thyroxine	14.0 pmol/L (Range: 12 - 22)

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Hormones

FSH	x 0.5 IU/L Male - FSH (IU/L) 1.5 - 12.4 Female - FSH (IU/L) Follicular 3.5 - 12.5 Ovulation 4.7 - 21.5 Luteal 1.7 - 7.7 Post-meno 25.8 - 134.8 Please note change of reference range 23 Oct 2022 (Range: 1.7 - 7.7)
LH	x <0.3 IU/L Male - LH (IU/L) 1.7 - 8.6 Female - LH (IU/L) Follicular 2.4 -12.6 Ovulation 14 - 95.6 Luteal 1.0 - 11.4 Post-meno 7.7 - 58.5 Please note change of reference range 23 Oct 2022 (Range: 1 - 11.4)
Oestradiol	x 2141.0 pmol/L Male - Oestradiol (pmol/L) 41.4 - 159 Female - Oestradiol (pmol/L) Follicular: 114 - 332 Ovulation: 222 - 1959 Luteal: 222 - 854 Post-meno: < 183 (Range: 222 - 854)

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Supporting Information

Why are you taking this test?
General health check
Optimise diet and lifestyle

How were you hoping this test could help you?
Unanswered

What date did you take your sample?
08th Oct 2025

What time did you take your sample?
10:45

Do you have regular blood tests to monitor your kidneys?
Yes

What was your last eGFR result? (mL/min/1.73m2)
90

When was this taken?
24th Apr 2025

About your periods
I have regular periods

Are you pregnant?
Yes

What was the first day of your last period when you took your sample? (If you haven't taken your sample yet, please answer this question when you have.)
01st Sep 2025

What is your cycle duration? (first day of your period to the day before your next period e.g. 28 days)
26

Do you take hormonal medication such as hormone replacement therapy or the contraceptive pill?
No

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