Medical Test & Lab Results Tracker

Keep the report · track the result · close the follow-up loop

A caregiver organizer for tracking ordered tests, finding results, and recording the care team's explanation and next steps.

Orders · result timing · who to contact

A test is not finished for the family until the next step is clear.

Use this tracker alongside the original reports. Keep the result, unit and laboratory reference range together; ask the ordering clinician to explain what they mean for this person. [1]

THIS TRACKER IS FOR (NAME)

PRIMARY CAREGIVER

DATE RANGE

ORDERING CLINIC / PHONE

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1 TESTS ORDERED OR STILL AWAITING RESULTS

TEST / WHY ORDERED	DATE / LOCATION	EXPECTED RESULT / CONTACT

2 CLARIFY THE PREPARATION AND THE FOLLOW-UP [2]

- [ ] Confirm any preparation instructions directly with the clinic; do not assume all tests require fasting.
- [ ] Ask when and how results will arrive, and whom to contact if they do not.
- [ ] Confirm which clinician is responsible for explaining the results.

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Result record · units · original report

3 COPY RESULTS WITHOUT INTERPRETING THEM [1]

Use one row per test or result. Include units exactly as reported. Leave interpretation to the clinician; results from different laboratories may use different reference ranges.

TEST / DATE	RESULT AS REPORTED	UNIT / LAB RANGE	REPORT LOCATION

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TEST / DATE	RESULT AS REPORTED	UNIT / LAB RANGE	REPORT LOCATION

RESULT STILL MISSING / WHO WE CONTACTED / DATE

A blank cell does not mean a normal result. Write “pending,” “not available,” or “not applicable” where needed.

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Explanation · actions · unanswered questions

4 RECORD THE CLINICIAN'S EXPLANATION

TEST / RESULT DISCUSSED	CLINICIAN'S EXPLANATION / DATE

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5 MAKE THE NEXT STEP SPECIFIC

FOLLOW-UP / REPEAT TEST / REFERRAL	WHO / BY WHEN

NEXT CONTACT / REVIEW DATE

NUMBER TO CALL WITH QUESTIONS

For a life-threatening emergency, call 911; do not wait for test results or a callback.

This tracker records information, not treatment instructions. [3]

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Sources informing this resource · Original worksheet prompts by TCC

[1] MedlinePlus — How to Understand Your Lab Results

[2] National Institute on Aging — How To Prepare for a Doctor's Appointment

[3] MedlinePlus — Emergency Medical Services

Sources checked September 10, 2026. Use the person's individualized care instructions.

Everything about your loved one's care, organized in one place.

The Caregiving Concierge™ helps families organize appointments, providers, medications, documents, schedules, transportation details, and other important care information in one secure workspace.

https://www.thecaregivingconcierge.com/library

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