

# Tracking your progress. Tracking your platelet count.

## Important things to know...

- Your doctor will regularly order lab work to test your platelet count to determine if treatment is working
- After every doctor and lab visit, you can use the chart below to track your results
- Staying informed about your progress can help you and your doctor work together to help make sure your platelet count is where it needs to be

### What do your platelet counts mean?

#### <30,000/mcL

Your doctor will likely intervene to increase your platelet count

#### >50,000/mcL

Symptoms are rare. This is usually the goal count of treatment for persistent or chronic ITP

#### 150,000-450,000/mcL

A normal range for a platelet count

Treatment is recommended for platelet counts <30,000/mcL and should be adjusted to maintain counts ≥50,000/mcL.



**Stay on track by keeping track!**

If you're using a lab independent of your doctor's office, please complete the lab's contact information here.

Patient's name

Doctor's name

Lab name

Lab mailing address

Patient's phone number

Doctor's phone number

Lab phone number

Lab fax number

| Date of Lab Visit | Date of Doctor Visit | Treatment/Dose | Platelet Count | Notes |
|-------------------|----------------------|----------------|----------------|-------|
|                   |                      |                |                |       |
|                   |                      |                |                |       |
|                   |                      |                |                |       |
|                   |                      |                |                |       |
|                   |                      |                |                |       |
|                   |                      |                |                |       |
|                   |                      |                |                |       |
|                   |                      |                |                |       |
|                   |                      |                |                |       |
|                   |                      |                |                |       |

### Fill in your goals here

**Your Treatment Goals**

**Steps to Help You Get There**

