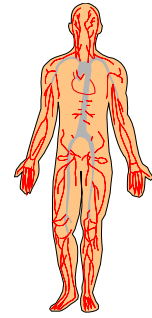


Hematocrit (Hct)



What is it?

***Hematocrit**- percent of whole blood that is composed of RBC (Red Blood Cells), measure of both the number and size of RBC's, usually ordered as part of a CBC (Complete Blood Count)

***Hematocrit (Hct)**- indicates the proportion of cells and fluids in the blood

Facts:

***Low Hct**- may indicate various types of anemia, hemorrhage/blood loss, bone marrow failure (may be due to radiation, fibrosis, tumor, toxin), destruction of RBC's, leukemia, malnutrition or a nutritional deficiency, multiple myeloma, rheumatoid arthritis

***High Hct**- dehydration with burns or diarrhea, erythrocytosis (excessive RBC production), polycythemia vera

***Test**- blood is drawn from a vein, usually on the back of the hand or inside the elbow, elastic band placed on arm to restrict blood flow from the vein, the blood is drawn and placed in a vial, elastic is removed and area cleaned, bandaid applied

-Laboratory- blood is centrifuged (spun in a machine), cells are forced to the bottom of the container

-Cellular Portion- compared with the total amount of blood as a percent, almost entirely RBC's, % WBC's is very small



What can I do?

***See your Physician**

***See RD for help as needed**

***See FFF RD on line for help**

-Hct- ask for Foods to increase Hct level as needed

***Normal**- Male- 40.7 to 50.3%, Female- 36.1 to 44.3%



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