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Mpv blood test normal values

Skip to main content Could not find what you are looking for? The results of an MPV blood test don't provide enough information for a diagnosis. Still, your provider can consider these results alongside other blood tests, like your platelet count, to get closer to a diagnosis.What is a normal MPV blood test result?MPV blood test results may be normal or abnormal (low or high). Different labs have different cutoff points for normal, low or high results. Generally, a normal MPV blood test is 7 fL to 9 fL (femtoliters) for non-pregnant adults.What does it mean if your MPV blood test results are high?A high test result means that your platelets are larger than what's considered normal. Newly made platelets are larger than older platelets, so a high number may signal that your bone marrow's making a lot of new platelets. Platelet production may increase if your older (smaller) platelets are being destroyed at an increased rate.Conditions associated with high MPV results include:Cancer.Diabetes.Cardiovascular disease.Preeclampsia.Crohn's disease.Hyperthyroidism.Immune thrombocytopenia.Myeloproliferative disease.Vitamin B12, D or folate deficiency.Macrothrombocytopenia (giant platelet disorders).What does it mean if your MPV blood test results are low?Low results mean that your platelets are smaller than what's considered normal. Low MPV may mean your bone marrow isn't producing enough new platelets.Conditions associated with low MPV results include:Aplastic anemia.Lupus,Marrow hypoplasia.Wiskott-Aldrich syndrome.Primary or secondary thrombocytosis.Low results may indicate that drugs are limiting your bone marrow's ability to make new platelets. For example, some chemotherapy drugs may have this effect.Still, a low or high result doesn't mean you have a disease or disorder. The results provide information that your provider can consider when deciding the next steps for arriving at a diagnosis.What factors can affect the results of an MPV blood test?Sometimes, results are artificially high or low because of a factor unrelated to a medical condition. Any of the following can affect your MPV:Altitude.Pregnancy.Menstruation (being on your period).Regular strenuous exercise.Certain medications, like birth control pills.Speak with your provider if you're curious if these factors or others may have caused your results to be high or low. A mean platelet volume (MPV) blood test measures the average size of your platelets, the tiny blood cells that help form clots to stop bleeding. It is often included in a complete blood count (CBC) and can help healthcare providers assess blood clotting, bone marrow function, and overall blood health. Your provider may order an MPV blood test if you have symptoms of a blood disorder, such as excessive bleeding or unexplained bruising. While MPV results alone can't diagnose a condition, they provide important clues that, along with other tests, help healthcare providers identify potential health concerns. Illustration by Laura Porter for Verywell Health The MPV test checks how well your blood clots and whether your bone marrow is making platelets (thrombocytes) properly. While the test alone can't diagnose a disease, it can give important clues when combined with other tests. If your platelets are much larger or smaller than normal, it could be a sign of a blood disorder, inflammation, or a problem with how your body makes platelets. You may also hear this test referred to as:Mean platelet volume test Platelet size test The test reports platelet size in femtoliters (fL), a unit of volume used to measure extremely tiny cells like platelets. The results fall into three categories: MPV Level Measurement Platelet Size What It Means Normal 7.5-12 fL Platelets are regular size. Your body is making platelets at a steady, healthy rate. High Above 12 fL Platelets are larger than usual. Your body is making more new platelets, possibly because older ones are being used up or destroyed quickly. Low Below 7.5 fL Platelets are smaller than usual. Your body isn't making as many new platelets, which could mean your bone marrow is slowing down platelet production. An MPV blood test is often included in a complete blood count (CBC), a common test that measures different parts of your blood. Your healthcare provider may order it for a few reasons. As part of routine blood work: The MPV test is usually done as part of a CBC, which checks your red blood cells, white blood cells, and platelets. Along with a platelet count and platelet distribution width (PDW), it helps providers assess your blood health and detect potential issues. If you have symptoms: Your healthcare provider may order an MPV test if you have signs of a platelet disorder, such as: Chest pain and heart palpitations Difficulty breathing Extreme tiredness or weakness Headaches Pain and swelling of the legs A larger-than-normal spleen or liver Bleeding from your gums or nosebleeds Bleeding excessively after a small injury Blood in your stool, vomit, or urine Bruising easily Heavy menstrual periods Petechiae (small, flat red spots under the skin caused by leaking blood vessels) Purpura (bleeding in your skin that can cause red, purple, or brownish-yellow spots) Confusion To diagnose or monitor health conditions: Providers can use an MPV to assess platelet function, monitor ongoing conditions, and guide further testing if needed. MPV results can provide insight into bone marrow activity and potential health concerns. Mean platelet volume (MPV) is increasingly used as a biomarker in cancer care, including breast cancer, lung cancer, thyroid cancer, bladder cancer, and multiple myeloma. While MPV changes do occur with cancer, study results have been mixed and more research is needed to understand the significance of MPV levels. An MPV test alone can't diagnose a condition. Your healthcare provider will look at your MPV results along with your platelet count and other blood tests to better understand what's going on in your body. If your MPV is in the normal range, it means your platelets are the expected size, and your bone marrow is making them at a healthy rate. A high MPV usually happens because your body is making new platelets quickly to replace ones that were lost or damaged. Possible causes of high MPV include: Low platelet count (thrombocytopenia): Your body is making more platelets to make up for a shortage. Myeloproliferative diseases: With this group of blood cancers, the bone marrow makes too many platelets or other blood cells. Heart disease: A high MPV may be linked to an increased risk of heart problems. Diabetes: High MPV is sometimes seen in people with diabetes. Preeclampsia: A pregnancy complication that causes high blood pressure. Vitamin D deficiency: This vitamin is essential for healthy blood cell production. Certain drugs: Medications that increase platelet production can cause a high MPV. These include blood thinners like heparin and warfarin, chemotherapy drugs, corticosteroids like prednisone, and certain antibiotics. Cancers: This includes colorectal, stomach, liver, and thyroid cancers. A low MPV means your bone marrow isn't making as many new platelets, so most of your platelets are older. Possible causes of low MPV include: Certain cancers: Including renal cell carcinoma, cervical cancer, and lung cancer. Autoimmune diseases: The immune system mistakenly attacks the body's own platelets. Bacterial or viral infections: Some infections can affect platelet production. Side effects from certain medications: Some chemotherapy drugs and other medications can slow platelet production. Alcohol use disorder (AUD): Heavy alcohol use can suppress bone marrow function. MPV results are just one factor in understanding your health. Getting a high or low MPV test result doesn't automatically mean you are sick. Your healthcare provider will consider your results alongside other tests and information. Getting an MPV test is a quick and simple blood draw. Most of the time, you don't need to do anything special before an MPV test. However, if you're getting other blood tests along with it, your provider may ask you to fast for a few hours beforehand. After the test, you can return to your normal activities. If you feel lightheaded or notice any bruising, let your healthcare provider know. Your MPV test result isn't always an accurate reflection of an underlying health condition. Several external and biological factors can temporarily raise or lower your MPV levels, including: Age and sex Menstruation and pregnancy Genetics Strenuous exercise Smoking and alcohol use Diet and hydration Altitude Recent illness or infection Birth control and hormone therapy Certain prescription drugs To get the most accurate MPV test results, consult your healthcare provider beforehand to discuss any factors that might affect your results, such as medications, lifestyle, or existing health conditions. A mean platelet volume (MPV) test is done using a sample of blood. It shows how big your platelets are. If the cells are smaller than usual, you have a low MPV. If they are larger than usual, this is a high MPV. Various health conditions and diseases can result in abnormal MPV levels. However, MPV results alone cannot diagnose a disease. To do this, you will need additional testing. It refers to the size of the platelet, which is used to determine the functionality of platelet. MPV Blood test is a part of the routine complete blood count (CBC). MPV stands for Mean Platelet Volume. MPV is carefully monitored in patients suffering from a condition related to bone marrow and platelet destruction. Aside from monitoring the volume of the platelet, other blood markers should also be checked, especially the white blood cells and red blood cells. (1, 2) The normal value of mean platelet volume is expressed in range. The normal range is between 7.2 fL and 11.8 fL in adults. However, reading in between 9.7 fL and 12.8 fL is considered safe too. The normal range varies depending on the laboratory techniques and machines used. (2) Image 1 : An illustration of blood vessels and various compositions of the blood Photo source : images.wisegeek.com Picture 2 : A microscopic presentation of platelets and red blood cells Photo Source : www.infoinformations.com Platelet plays a huge role in the blood coagulation process. If the level of platelet is high, it could indicate that you are suffering from acute myocardial infarction. In the case of acute ischemic cardiovascular event, the level of platelet is also checked. To bring the level of MPV to normal range, a person should quit smoking. Health conditions like hypertension and hyperlipidemia should be managed too or else the patient will be at risk for cardiac complications. (2, 3) What does low mean platelet volume mean? If the MPV is lower than the normal range, it means that your platelet count is low. If your body does not have adequate level of platelet, it puts you at risk for bleeding. If you sustain an injury, you will be prone to blood loss due to excessive bleeding because the blood does not have enough clotting factor. Low MPV could indicate many diseases and disorders. A low MPV is an indicator that the platelet in the blood is lower than normal, which puts you at risk for severe blood loss if you get injured. (3, 4,5) Reasons for low MPV Error in collecting blood sample - One of the reasons for low MPV is mistakes in collecting blood samples. Chances are, before the blood is tested it already undergone clotting. This leads to inaccurate result. Viral Infection - A low platelet count indicates that you are suffering from viral infection such as Dengue fever and AIDS. (5) Side effects of medications - Some drugs lowers MPV such as heparin. Genetic disorder/autoimmune disorder - Patients suffering from genetic conditions have low mean platelet volume. Examples are haemolytic disorder, lupus, leukemia, aplastic anemia, and rheumatoid arthritis. Over activity of the spleen - A hyperactive spleen can lead to a low mean platelet volume reading. A very low mean platelet volume is known as thrombocytopenia. Patients suffering from thrombocytopenia are prone to bleeding. It will be extremely difficult for the body to clot the blood during bleeding because of inadequate amount of platelet. (6) Please note : Immature platelet fraction normal range and its uses What does PDW mean in a blood test? PDW stands for Platelet Distribution Width. It measures the platelet's uniformity in size. It is significant in determining the functions of the bone marrow. Ideally, younger platelets are large in size. Smaller platelets have been around for several days. If the number of large platelets is high in a patient with a low platelet count, it is an indicator that the bone marrow is now producing sufficient level of platelets. Platelet Distribution Width is a part of CBC (Complete Blood Count). The doctor will thoroughly check PDW if the patient is suffering from unexplained bruising and excessive bleeding from small wounds and cuts. It is also checked in patients with several episodes of nose bleeding. Purplish spots and rashes are also the reasons for PDW monitoring. (7, 8) What to keep in mind? If the platelet count is low but the mean platelet volume is high, it indicates that there is a destruction in platelet. This is common in patients with immune thrombocytopenia and pre-eclampsia. If the platelet count is normal but the mean platelet volume is high, it could indicate chronic myeloid leukemia (over production of a specific type of white blood cells). It could also indicate hyperthyroidism (over production of thyroid hormones). A high MPV and high platelet count indicates that the bone marrow is producing too much platelets. (8) A low MPV can be caused by a certain types of drugs. These drugs are toxic to the cells and they should be used in moderation. Blood clumping is common in people with high mean platelet volume. Since there is excessive production of platelet, there is a tendency that the blood will clump together, which puts the patient at risk for thrombosis, cardiovascular diseases, and stroke. To prevent the blood from clumping, doctors usually prescribe aspirin. A low mean platelet volume can put you at risk for bleeding because the clotting factor of the blood is impaired. Hence, a person with low mean platelet should completely avoid aspirin. Giving aspirin could further lead to bleeding. (9) Mean platelet volume measures how reactive and large the platelets are. If the mean platelet volume is elevated, it means that the platelet is large and more reactive. This could lead to increased platelet turnover, which will put you at risk for myocardial infarction. Mean platelet volume is used as a prognostic marker, especially in conditions like ischemic bowel disease and stroke. By determining the level of MPV, the doctor can tell if the patient has high or low prognosis. Cardiovascular factors can greatly affect the level of mean platelet volume. This includes hypertension and excessive smoking. More so, an increased mean platelet volume level can put a patient at risk for thrombosis. It is also linked with cardiovascular disease and cerebrovascular disease. (10) References: www.doctorshealthpress.com www.med-health.net ehealthhall.com www.thrombocyte.com www.ncbi.nlm.nih.gov www.brighthub.com www.dovemed.com