ASCLS Mission:

The mission of ASCLS is to make a positive impact in health care through leadership that will assure excellence in the practice of laboratory medicine.

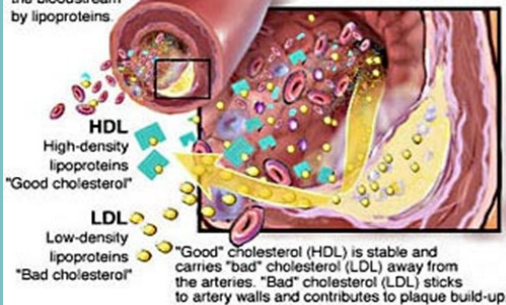**Your Safety and Service Experience Are Important To Us!**

Laboratory Patient Safety Tips:

Lipid Testing

ASCLS
The American Society for Clinical Laboratory Science

Cholesterol

Cholesterol is a waxy fat carried through the bloodstream by lipoproteins.

HDL
High-density lipoproteins
"Good cholesterol"

LDL
Low-density lipoproteins
"Bad cholesterol"

"Good" cholesterol (HDL) is stable and carries "bad" cholesterol (LDL) away from the arteries. "Bad" cholesterol (LDL) sticks to artery walls and contributes to plaque build-up.

http://aboutyourcholesterol.com/images/choleshtline.jpg

What are lipid tests?

Lipid testing helps to estimate your risk for developing cardiovascular disease (CVD). Various lipids may be measured, including total cholesterol, triglycerides, high-density lipoproteins (HDL), and low-density lipoproteins (LDL). The tests are performed on a fasting blood specimen.

Can I eat before the test?

In order to provide the most accurate lipid measurements, you should fast for 9-12 hours before your test.

NOTE: Fasting is **not** required if you are only having a total cholesterol test.

Fasting means you should <u>NOT</u>:

- eat <u>any</u> food

- drink any beverages except plain water

- chew gum

- exercise strenuously during the fasting period

- smoke

You **should** drink a glass or two of water during your fast since it's harder to draw the blood if you are dehydrated.

You should **not** stop your normal medications unless told to do so by your doctor.

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Lipid Testing FAQs:

Should I take my usual medications on the day of the test?

You should not stop your normal medications unless told to do so by your care provider.

How is lipid testing completed?

- A blood sample is either collected from a vein in your arm (venipuncture) or fingerstick.

- After collection, a laboratory professional will perform the testing.

- Your test results will then be sent to your care provider.

- You can request your blood test results directly from the laboratory.

What if the results are abnormal?

Talk with your care provider about your test results and other possible CVD risk factors.

For more information on this or other laboratory tests, visit www.labtestsonline.org.