Lipid Profile

Description	Includes triglycerides, total cholesterol, HDL-cholesterol, calculated LDL-cholesterol and total cholesterol:HDL-cholesterol ratio.
Indication	Diagnosis and management of lipid disorders, calculation of CVD risk and management of CVD high-risk patients.
Additional Info	Also see individual analyte entries.
Concurrent Tests	N/A
Dietary Requirements	N/A
Interpretation	LDL-Cholesterol is a calculated value. The calculation is not valid in the following circumstances: raised chylomicrons (i.e. non-fasting samples), triglyceride >4.5 mmol/L and abnormal levels of intermediate lipoproteins, e.g. in Type III Hyperlipidaemia. **Familial Hypercholesterolaemia** FH should be considered in patients (>16 yrs) with total cholesterol >7.5 mmol/L or LDL-cholesterol >4.9 mmol/L. Results should be confirmed by a repeat test and secondary causes of raised cholesterol excluded. For complete guidance refer to NICE guideline CG071: Familial Hypercholesterolaemia. **CVD Risk**. The total cholesterol:HDL-cholesterol ratio should be used to assess CVD risk using the Joint British Coronary Risk Prediction Charts or the computer programme based on the chart. Raised total cholesterol (>5 mmol/L) on a non-fasting sample should be confirmed on a fasting sample. Target levels for CVD high-risk patients are total cholesterol <5 mmol/L and LDL-cholesterol <3 mmol/L or a 30% reduction (whichever is the greatest). For complete guidance refer to DoH National Service Framework for Coronary Heart Disease. Also see individual analyte entries.
Collection Conditions	Fasting samples (preferred) should be collected after an overnight (>10 hour) fast.
Frequency of testing	As required