

## TEST CHANGE

### HDL Cholesterol

0020053, CH HDL

#### Specimen Requirements:

##### Patient Preparation:

Collect: Plasma separator tube or serum separator tube.

Specimen Preparation: Allow specimen to clot completely at room temperature. Separate serum or plasma from cells ASAP or within 2 hours of collection. Transfer 1 mL serum or plasma to an ARUP standard transport tube.  
~~Standard Transport Tube~~

Transport Temperature: Refrigerated.

##### Unacceptable Conditions:

##### Remarks:

Stability: After separation from cells: Ambient: ~~48~~**24** hours; Refrigerated: 1 week; Frozen: ~~3 months~~**1-month**

Methodology: Quantitative Detergent Solubilization/~~Enzymatic Assay~~

Performed: Sun-Sat

Reported: Within 24 hours

Note: Assay interference (negative) may be observed when high concentrations of N-acetylcysteine (NAC) are present. Negative interference has also been reported with NAPQI (an acetaminophen metabolite), but only when concentrations are at or above those expected during acetaminophen overdose.

CPT Codes: 83718

New York DOH Approval Status: This test is New York DOH approved.

##### Interpretive Data:

An HDL cholesterol less than 40 mg/dL is low and constitutes a coronary heart disease risk factor. An HDL cholesterol greater than 60 mg/dL is a negative risk factor for coronary heart disease.

##### CHD Risk Factors

+1 Age: Men > 45

Women > 55 or premature menopause without estrogen therapy

+1 Family history of premature CHD

+1 Current smoking

+1 Hypertension  
+1 Diabetes mellitus  
+1 Low HDL cholesterol: < 40 mg/dL  
-1 High HDL cholesterol:  $\geq$  60 mg/dL

Reference Interval:

Desirable: 40-59 mg/dL

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