

TEST CHANGE

LDL Cholesterol, Direct

0020257, LDL D

Specimen Requirements:

Patient Preparation:

Collect: Plasma separator tube or serum separator tube. Also acceptable: Green (lithium heparin), ~~L~~avender (K2 EDTA or ~~K3~~EDTA~~K3-EDTA~~), or ~~p~~ink (K2 EDTA).

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~~. (Min: 0.5 mL)

Transport Temperature: Refrigerated.

Unacceptable Conditions:

Remarks:

Stability: After separation from cells: Ambient: ~~24~~8 hours; Refrigerated: 7 days; Frozen: 12 months

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

Performed: Sun-Sat

Reported: Within 24 hours

Note:

CPT Codes: 83721

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

Interpretive Data:

CHD Risk Factors:

+1 Age: Men, 45 years and older

~~+1 Age:~~ Women, 55 years and older or premature menopause without estrogen therapy

+1 Family history of premature CHD

+1 Current smoking

+1 Hypertension

+1 Diabetes mellitus

+1 Low HDL ~~c~~holesterol: 39 mg/dL or less

-1 High HDL ~~c~~holesterol: 60 mg/dL or greater

LDL Cholesterol: Therapeutic goal

99 mg/dL or less if CHD is present (Optional: 69 mg/dL or less).

129 mg/dL or less if no CHD and two or more risk factors.

159 mg/dL or less if no CHD.

(Circulation 2004; 110:227-39)

Reference Interval:

Age	Desirable	Borderline	Higher Risk
0-19 years	109 mg/dL or less	110-129 mg/dL	130 mg/dL or greater
20 years and older	129 mg/dL or less (99 mg/dL or less if patient has CHD)	130-159 mg/dL	160 mg/dL or greater