

**TEST CHANGE**

Lipid Panel, Extended

0020468, CRISK E

Specimen Requirements:

Patient Preparation: Patient must fast for 12-15 hours prior to collection.

Collect: Serum separator tube or plasma 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~~. (Min: 0.5 mL)

Transport Temperature: Refrigerated.

Unacceptable Conditions: Body fFluid (refer to Cholesterol, Fluid, ARUP test code 0020714; Triglycerides, Fluid ARUP test code 0020713; and Chylomicron Screen, Body Fluid, ARUP test code 0098457).

Remarks:

Stability: After separation from cells: Ambient: **824** hours; Refrigerated: 5 days; Frozen: 3 months

Methodology: Quantitative Spectrophotometry/Quantitative Enzymatic Assay

Performed: Sun-Sat

Reported: Within 24 hours

Note: LDL-cholesterol is measured (not calculated) on this panel.

CPT Codes: 80061; 83721

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.

Non-HDL cholesterol is a secondary target of therapy in persons with high serum triglycerides (greater than 199 mg/dL). The goal for non-HDL cholesterol in persons with high triglycerides is 30 mg/dL higher than their LDL cholesterol goal.

**CHD Risk Factors**

- +1 Age: Men, 45 years and older
- +1 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 cholesterol: 39 mg/dL or less
- 1 High HDL cholesterol: 60 mg/dL or greater

	Desirable	Borderline	Higher Risk
20 years and older			
Total Cholesterol	199 mg/dL or less	200-239 mg/dL	240 mg/dL or greater
Triglycerides	149 mg/dL or less	150-199 mg/dL	200-499 mg/dL
HDL Cholesterol	40 mg/dL or greater		39 mg/dL or less
LDL Cholesterol	129 mg/dL or less (99 mg/dL or less if patient has CHD)	130-159 mg/dL	160 mg/dL or greater
VLDL Cholesterol (calculated)	30 mg/dL or less		
0-19 years			
Total Cholesterol	169 mg/dL or less	170-199 mg/dL	200 mg/dL or greater
Triglycerides	149 mg/dL or less	150-199 mg/dL	200-499 mg/dL
HDL Cholesterol	40 mg/dL or greater		39 mg/dL or less
LDL-Cholesterol (measured)	109 mg/dL or less	110-129 mg/dL	130 mg/dL or greater
VLDL Cholesterol (calculated)	30 mg/dL or less		

Reference Interval:

By Report