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| Cavan General Hospital Department of Clinical & Laboratory Sciences | | | |
| Q-Pulse Doc No: | MEMO 222 | Date of Issue | 09/11/2022 |
| Lipid Testing | | | |

MEMORANDUM

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| Originating Department | Pathology Laboratory |
| Issued By: | Brian O'Malley, Laboratory Manager, |
| Issued To: | All Users |
| Subject: | Lipid Testing |
| Details: | |

Dear Colleagues,

Large population studies have shown that total cholesterol and high-density-lipoprotein (HDL) cholesterol do not vary and low-density-lipoprotein (LDL) cholesterol and triglycerides vary slightly after eating.

Based on the above we will now perform a full lipid profile on all lipid requests and will not require the patient be fasting. Removing the need to have the patient fast for testing of lipid profiles increases the convenience, safety, and timeliness of screening and follow-up testing and is appreciated by patients and health care practitioners alike.

The optimal targets quoted are the low-risk goals for Cardio Vascular Disease as per ESC Dyslipidaemia Guidelines 2019.

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| Chol | < 5 mmol/L |
| HDL | > 1.0 mmol/L |
| LDL-C | < 3.0 mmol/L |
| Non-HDL-C | <3.4 mmol/L |
| Triglyceride | <1.7 mmol/L |

The new testing regimen will commence on Monday November 14th 2022. If you have any queries on any of the above please contact the Biochemistry laboratory

NOTE: All memos issued from the Department of Clinical & Laboratory Sciences must be recorded as active documents on Q-Pulse

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Regards

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