

CHOLESTEROL
- HDL,
PLASMA/
SERUM

Orderable - LIPIDS

Turnaround Time: 24 hours

Alternate Name(s):

High Density Lipoprotein Cholesterol

HDL-C

Specimen:

Adult	Pediatric
4.5 mL Green (Lithium Heparin) top Vacutainer tube	0-2 years: 0.5 mL Green Microtainer 2-10 years: 3 mL Green top tube
Red, Gold, or Lavender (EDTA) top tubes are also acceptable	

Collection Information:

12-14 hour fast recommended. Non-fasting specimens acceptable. Habitual diet and activity, stable diet over preceding 4 weeks. No recent illness.

Reference Ranges:

≥1.0 mmol/L (Males); ≥1.30 mmol/L (Females)

HDL-C limits indicate risk for metabolic syndrome.

Total cholesterol and HDL-C are used for risk assessment and to calculate non-HDL-C.

Refer to 2021 CCS guidelines (Pearson et al. reference below) for additional LDL-C and non-HDL-C thresholds based on risk stratification.

References:

- 1) White-Al Habeeb NMA et al. Can J Cardiol. 2022. Online ahead of print. Doi: 10.1016/j.cjca.2022.03.019.
- 2) Pearson GJ et al. Can J Cardiol. 2021. 37(8):1129-1150. Doi: 10.1016/j.cjca.2021.03.016.



Laboratory:
Core Lab



Requisition:
GENERAL LABORATORY
REQUISITION



Method of Analysis:
Enzymatic colorimetric



Test Schedule:
As required