Orderable - LIPIDS

Turnaround Time: 24 hours

Alternate Name(s):

High Density Lipoprotein Cholesterol

HDL-C

Specimen:

<table>
<thead>
<tr>
<th>Adult</th>
<th>Pediatric</th>
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<tbody>
<tr>
<td>4.5 mL Green (Lithium Heparin) top Vacutainer tube</td>
<td>0-2 years: 0.5 mL Green Microtainer</td>
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<td>2-10 years: 3 mL Green top tube</td>
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<td>Red, Gold, or Lavender (EDTA) top tubes are also acceptable</td>
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</table>

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: