

CHOLESTEROL -
HDL, PLASMA

Orderable - LIPIDS

Turn Around Time: 24 hours

Alternate Name(s):

High Density Lipoprotein Cholesterol

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

Collection Information:

12-14 hour fast.

Habitual diet and activity, stable diet over preceding 4 weeks.

No recent illness.

Reference Ranges:

Cholesterol target levels are dependent upon patient 10-year risk of coronary artery disease (Can J Cardiol 2016). "Cardiovascular Age" and the Framingham Risk Score (FRS).

Table Treatment Thresholds and Target Lipid Levels*

Risk Level	Initiate therapy if:	Primary Target LDL-C	Alternate Target
High			
FRS \geq 20%	Consider treatment in all patients	<2.0 mmol/L or <50% decrease LDL-C	Apo B <0.8 g/L Non HDL-C <2.6 mmol/L
Intermediate			
FRS 10%-19%	LDL-C \geq 3.5 mmol/L	<2 mmol/L or	Apo B <0.80 g/L



Laboratory:
Core Lab



Requisition:
GENERAL LABORATORY
REQUISITION



Method of Analysis:
Enzymatic colorimetric



Test Schedule:
As required

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		>50% decrease in LDL-C	Non HDL-C <2.6
	Apo B \geq 1.2 g/L or Non-HDL-C \geq 4.3 mmol/L		
Low			
FRS <10%	LDL-C \geq 5.0 mmol/L Familial hypercholesterolemia	>50% decrease in LDL-C	

FRS: Framingham Risk Score

2016 Canadian Cardiovascular Society Guidelines for the management of dyslipidemia for the prevention of cardiovascular disease in the adult. Can J Cardiol. 2016;32:1263-82