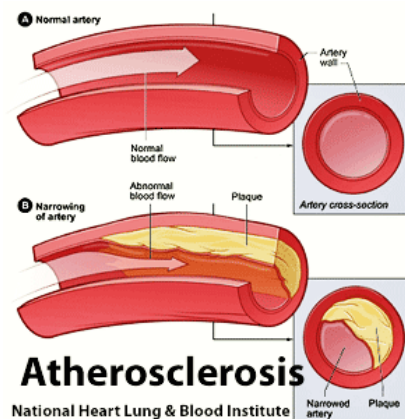


# Lipid Profile

## What is it?

A Lipid profile is a blood test that measures the amount of different kinds of fats (including cholesterol and triglycerides) in your blood stream. Your blood will be drawn by a simple needle stick.

For most people, this test is done when you have not had anything to eat or drink since midnight the night before the test.



## Why has my doctor ordered this test?

This test will tell your doctor the levels of both good cholesterol (HDL) and bad cholesterol (LDL) as well as Triglycerides, which can also be harmful if elevated. Having too much bad cholesterol or not enough good cholesterol can cause you to have clogging of your arteries over time, called atherosclerosis. This is a risk factor for development of heart disease and heart attack. Knowing these values will help your physician predict your risk of heart disease and may help determine what kind of dietary changes or medications may be necessary.

## Special Instructions:

1. Unless otherwise directed by the physician, this test should be done **FASTING**. This means you should not have anything to eat or drink prior to midnight the night before the test.
2. It is usually a good idea to have this test done early (6-7:30 AM) so that your child may eat breakfast afterwards and go to school after the testing.
3. This test does not have to be scheduled.
4. You should take the doctor's orders for testing to the Admitting office at Children's and Women's Hospital to register for blood tests.
5. The results of your tests will be reviewed with you at your follow up visit.
6. If an appointment needs to be rescheduled due to results, we will contact you.
7. We may not discuss these results over the phone due to privacy concerns.

The Pediatric Healthy Life Center has prepared this sheet for your information only.

For more Information, please contact the Pediatric Healthy Life Center at 251-434-5038