

## **FASTING LIPIDS (CHOLESTEROL)**

It is vital for this investigation that **you observe the following:-**

1. **Starve completely for at least 14 hours** before the blood is collected. **Less than this will be valueless.**
2. **No drinks** to be taken, **other than plain water** (as much as required). Avoid alcohol for 24 hours before the test.
3. In addition, it is essential to **avoid a high fat content meal immediately before the 14 hour fast commences.**
4. Please record the **exact duration of the fast in hours and inform the person who takes your blood.**

The level of cholesterol in your blood should be below 5.2 mmol/litre, with high-density lipoprotein (HDL) – or ‘good’ cholesterol – greater than 1.0 mmol/litre, and low-density lipoprotein (LDL) – or ‘bad’ cholesterol – 3.2 mmol/litre or less. High levels of LDL cause fatty deposits to build up in the arteries, which narrows them. This reduces blood flow to the heart and increases the risk of a heart attack. In contrast, HDL helps keep blood thin and has a protective effect on the heart as it transports cholesterol away from tissues and artery walls. An overall cholesterol level of less than 5 is good (above 6 is too high).

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