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## Introduction of Non-fasting Lipid Profile Service and Update of Lipid Profile Reporting

**Implementation date: 2 March 2022**

With effect from 2 March 2022, our cluster laboratories would introduce non-fasting lipid profile service with implementation of updated clinical decision cutoffs for both fasting and non-fasting lipid profiles in adult and paediatric patients.

The desirable levels and treatment targets for both fasting and non-fasting lipid profiles would be provided in the laboratory report. The updated cutoffs take reference from the European Society of Cardiology (ESC) / European Atherosclerosis Society (EAS) 2016 guidelines (Eur Heart J. 2016;37:1944-58. 2999-3058) for adults ( $\geq 18$  years), and National Cholesterol Education Program (NCEP) / National Heart, Lung, and Blood Institute (NHLBI) 2011 guidelines (Pediatrics. 2011;128 Suppl 5:S213-256) for paediatric patients ( $< 18$  years).

Both fasting and non-fasting lipid profiles can be requestable via Generic Clinical Request System (GCRS) under the Discipline of Biochemistry as shown below. Calculation of LDL Cholesterol is not applicable when Triglycerides is  $> 4.5$  mmol/L. Direct LDL Cholesterol analysis will be performed if concomitant Total Cholesterol level is  $\geq 5.0$  mmol/L.

New GCRS Test Name	Test(s) to be performed
Lipid profile (Fasting), plasma	Total Cholesterol, Triglycerides, HDL Cholesterol, LDL Cholesterol, Non-HDL Cholesterol
Lipid profile (Non-Fasting), plasma	Total Cholesterol, Triglycerides, HDL Cholesterol, LDL Cholesterol, Non-HDL Cholesterol
Cholesterol (Fasting), plasma	Total Cholesterol
Cholesterol (Non-Fasting), plasma	Total Cholesterol
Triglycerides (Fasting), plasma	Triglycerides
Triglycerides (Non-Fasting), plasma	Triglycerides

Specimen requirement for both fasting and non-fasting lipid profiles (5 mL blood in one green-top heparinized gel blood tube for adults and 1.3 mL blood in one vial of paediatric heparinized tube for paediatric patients) will remain unchanged except that patients are recommended to fast for at least 8 hours for fasting lipid profile testing while patients do not need to fast for non-fasting lipid profile testing.

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Details can be found in the Test Menu posted at the Prince of Wales Hospital Chemical Pathology i-Hospital homepage (iCHEMPATH@PWH). For enquiries, please contact our Duty Biochemist via the PWH Operator at 3505 2211.

Thank you for your kind attention and support to our service.

Sincerely yours,

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