



## Note de Service / Memorandum

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**DATE:** Le 30 août, 2016 / August 30th, 2016

**À / TO:** Personnel du Laboratoire central, Communauté CUSM /  
Laboratory Staff, MUHC Community

**DE / FROM:** Dr. David Blank – Directeur / Director  
Division de biochimie médicale – CUSM / MUHC Division of Medical Biochemistry

**SUJET/RE:** **Bilan lipidique / Lipid Profile**

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The MUHC Clinical Laboratory is revising its Lipid profile to align with the soon-to-be released 2016 update of the Canadian Cardiovascular Society Guidelines for the Diagnosis and Treatment of Dyslipidemia for the Prevention of Cardiovascular Disease in the Adult. The following tests and calculations will be reported:

- Total Cholesterol
- Triglycerides
- HDL Cholesterol
- Calculated LDL Cholesterol
- Calculated Non-HDL Cholesterol

In addition, the Guidelines recommend that lipid profiles be done in the **non-fasting state**. The option to use a **non-fasting specimen** will support patients' compliance with routine screening programs. In addition, it will benefit patients who have difficulty with prolonged fasting. It will also reduce the risk of fainting, especially in seniors, and will help avert metabolic disruptions in patients with diabetes. This change is supported in the literature (see *Circulation* 2014; 130:546-53; *Can Fam Physician* 2014; 60:895-7; *Clinical Chemistry* 2011; 57:3, 482–9).

Consequently, effective immediately, patients do not have to fast for a lipid profile. When non-fasting triglycerides are greater than 4.5 mmol/L, it is recommended that a fasting lipid profile be performed to adequately evaluate triglyceride status.

If further information is required, do not hesitate to contact me.