



To: All Physicians & Nurse Practitioners, Newfoundland & Labrador
Date: January 30th, 2018
Re: Fasting No Longer Required for Lipid Testing
From: Biochemistry Department, Laboratory Medicine

Dear Colleagues,

Beginning ***Monday, February 12th, 2018***, for most laboratories in the province (**excluding Labrador**) lipid profile reports will consist of Total Cholesterol, HDL-Cholesterol, Non-HDL Cholesterol, LDL-cholesterol, & Triglycerides whether patients are fasting or non-fasting at the time of collection.

To assist with interpretation of results, patients will be asked when they last ingested any food, in order to provide you with number of hours fasted prior to blood collection. If a fasting lipid profile is required it is important that this be clearly indicated to patients and written on the requisition (as a reminder to the patient).

When fasting is required, the patient ***must*** be instructed to have nothing to eat, chew, or drink (other than small amounts of water) for a minimum of 12 hours (8 hours if diabetic). Prescription medication and smoking are permitted. **Fasting is indicated for patients with a previous triglyceride level >4.5 mmol/L.**

Important Note: When pre-ordering lipid profile by computer, "UNK" must be entered as number of hours fasting in order to generate a request. This will be corrected with the actual fasting time by laboratory staff when the patient presents for blood collection.

Kindest Regards,

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