

# Care Gram

## Lipid Care Panel

### About the Test

The Lipid Care Panel is a blood test for your cholesterol levels. It specifically shows the total cholesterol, HDL cholesterol, and triglyceride levels. Also, it gives a calculated LDL cholesterol level.

- HDL (high-density lipoprotein) is the good cholesterol. It helps prevent cholesterol build-up in the arteries.
- LDL (low-density lipoprotein) is the bad cholesterol. Increased levels can cause damage to the arteries and form plaque. A higher level means more risk for a heart attack or stroke.
- Triglycerides are the chemical form of fats found in our bodies and in some foods. A high level can lead to heart disease.

### How to Get Ready

- You should stay consistent with your diet. Eat what you normally eat. Do not make big changes in your diet at this time.
- 72 hours before the test; do not drink alcohol.
- 12 to 14 hours before the test; nothing to eat or drink during this time. You may take other medications with sips of water during this time.

### What You Need to Do

Please have your doctor fill in which medications you should stop taking for your test. If you have any questions, please call your doctor.

### What Your Doctor Needs to Do

List the medications that the patient should stop taking for their test. Also, state the stop date/time and start date/time.

Medication Name	Stop Date/Time	Restart Date/Time



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**Day of the Test**

- Report to the patient registration area. It is located to the left of the main lobby of Licking Memorial Hospital. After you register, you will be directed to the adjacent Outpatient Lab.
- The lab staff will draw your blood sample.

**After the Test**

- You may return to your normal diet.
- Check with your doctor for the results of your test.
- Depending on the results, you may need to make changes in your diet and possibly take medication. Ask your doctor for more information on cholesterol and triglycerides.