

# Care Gram

## Lipid Care Panel

### About the Test

The Lipid Care Panel is a blood test for your cholesterol levels. It measures total cholesterol, HDL cholesterol, and triglyceride levels. Also, it calculates your LDL cholesterol level.

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

### How to Prepare

- Stay consistent with your diet. Eat as you normally would. Do not make big changes in your diet at this time.
- Do not drink alcohol for 72 hours before the test.
- Do not eat or drink anything except water for 9 to 12 hours before the test. You may take medications with water during this time.

### What to Do

Please have your doctor list below which medications you should stop taking prior to 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 prior to their test. Also, please include the stop date/time and restart date/time.

Medication name	Stop date/time	Restart date/time



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1616-0548  
04/11/2017  
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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 to your diet and possibly add certain medications to your schedule. Ask your doctor for more information on cholesterol and triglycerides.