

Cholesterol and Triglycerides Tests: About These Tests



What are they?

Cholesterol and triglycerides tests measure the amount of fats in your blood. These fats have both "good" (HDL) and "bad" (LDL) cholesterol.

Why are these tests done?

These tests are done to help find out your risk of a heart attack and stroke. Your doctor uses your cholesterol levels plus other things such as blood pressure, age, and sex to calculate your risk. These tests also help your doctor find out how well medicine is working for some health problems.

How do you prepare for these tests?

- Your doctor may ask you to not eat or drink anything except water for 9 to 14 hours before the tests. In most cases, you can take your medicines with water the morning of the test.
- Do not drink alcohol for 24 hours before the tests.
- Tell your doctor ALL the medicines, vitamins, supplements, and herbal remedies you take. Some may increase the risk of problems during your test. Your doctor will tell you if you should stop taking any of them before the test and how soon to do it.

How are these tests done?
