

Lipid Panel Test

What is the lipid panel test?

A lipid panel usually measures 3 different kinds of lipids in the blood, all of which are related to a type of fat called cholesterol. The 3 kinds of lipids are:

- LDL cholesterol (low-density lipoprotein)
- HDL cholesterol (high-density lipoprotein)
- Triglycerides

The lipid panel also measures total cholesterol, which is the sum of all types of cholesterol in your blood.

Another name for this test is lipid profile.

How do I prepare for this test?

- You should fast overnight before you have this test. This means you should not eat or drink anything for **10 to 14 hours** before your test.
- Don't drink any alcohol for 24 hours before the test.
- Avoid exercise for 12 to 14 hours before the test.