



Clinical Practice Change Alert

Changes to Patient Fasting Requirements for Lipid Testing

September 18, 2014

Effective Date: September 29, 2014

Background Information:

- Canadian Cardiovascular Society (CCS) dyslipidemia guidelines recommend a fasting LDL-C level as a primary indication for treatment, and a primary target for therapy of dyslipidemias.
- Studies report that overall non-fasting lipid profiles change minimally in response to food intake in **normal individuals**.
- Studies examining the association between fasting times and lipid levels are lacking in large populations of diabetic patients, patients with significant dyslipidemias and those on statin pharmacotherapy.
- Analyzing non-fasting samples will result in an underestimation of calculated LDL-C levels in some patients and in others it may not be possible to provide LDL-C levels.

Changes:

- **DSM sites will collect non-fasting samples for lipid testing.** Although a fasting sample is preferred, it is reasonable to screen for dyslipidemias with a non-fasting sample. Non-fasting status will be recorded and results reported, however they are '**non-diagnostic**' for **abnormal** results.
- If the non-fasting (screening) sample indicates non-desirable results for a patient, results from a follow-up 12-hr (8hrs for diabetics) fasting sample must be used to guide further investigation and management decisions.

Patient Impact:

- Provides the option of a non-fasting screening sample as a more convenient approach for patients and this is likely to increase compliance with routine lipid screening.

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