

MOH LIPIDS CLINICAL PRACTICE GUIDELINES

Addendum

This addendum seeks to remove the need for fasting for lipid measurements. Please attach this addendum to the CPG.

On pages 2 and 21 of full CPG document (and page 5 of executive summary document):

D A lipid profile should include TC, TG, LDL cholesterol and HDL cholesterol. These could be obtained either after 10 to 12 hours of fasting²¹, or in the non-fasting state. In the non-fasting state, TG levels may be slightly higher than the corresponding levels in the fasting state. For LDL cholesterol, the levels may be slightly lower in the non-fasting state as compared to the corresponding levels in the fasting state, particularly if measured indirectly (i.e. calculated from other biochemical measurements). Given that the mean differences between fasting and non-fasting samples is minimal, there are no changes to the current diagnostic and management thresholds. A repeat fasting profile may be considered in cases where there is uncertainty about the need for initiating or escalating pharmacological treatment based on non-fasting lipid profile results that are close to the borderline (e.g. for LDL-C) or when they may be affected by diet to a large extent (e.g. elevated triglyceride).

Grade D, Level 4