

Triglycerides, Serum

Test ID: TRIG1

Useful for:

Managing atherosclerotic cardiovascular disease risk

Method:

Enzymatic Colorimetric

Reference Values:

The National Lipid Association and the National Cholesterol Education Program have set the following guidelines for lipids in a context of cardiovascular risk for adults 18 years old and older:

TRIGLYCERIDES

Normal: <150 mg/dL

Borderline High: 150-199 mg/dL

High: 200-499 mg/dL

Very High: > or =500 mg/dL

The Expert Panel on Integrated Guidelines for Cardiovascular Health and Risk Reduction in Children and Adolescents has set the following guidelines for lipids in a context of cardiovascular risk for children 2 to 17 years old:

TRIGLYCERIDES

2-9 years:

Acceptable: <75 mg/dL

Borderline High: 75-99 mg/dL

High: > or =100 mg/dL

10-17 years:

Acceptable: <90 mg/dL

Borderline High: 90-129 mg/dL

High: > or =130 mg/dL

Reference values have not been established for patients who are younger than 24 months of age.

Specimen Requirements:

Preferred:	Serum gel
Acceptable:	Red top
Specimen Volume:	0.5 mL
Collection Instructions:	1. Serum gel tubes should be centrifuged within 2 hours of collection. 2. Red-top tubes should be centrifuged and the serum aliquoted into a plastic vial within 2 hours of collection
Minimum Volume:	0.25 mL

Specimen Stability Information:

Specimen Type	Temperature	Time
Serum	Refrigerated (preferred)	7 days
	Frozen	90 days

Cautions:

Result can be falsely decreased in patients with elevated levels of N-acetyl-p-benzoquinone imine (NAPQI, a metabolite of acetaminophen), N-acetylcysteine (NAC), and metamizole.

Consuming alcohol or fatty foods 24 hours prior to specimen collection can increase triglycerides.

Eating a meal 12 hours prior to specimen collection can increase triglycerides.

Consider repeat measurement of lipids prior to initiating or changing lipid therapy

CPT Code:

84478

Day(s) Performed: Monday through Sunday **Report Available:** 1 day

Questions

Contact Nancy Benson, Laboratory Technologist Resource Coordinator at 800-533-1710.