

# HDL Cholesterol

**CPT Code:** 83718

**Order Code:** C118

**ABN Requirement:** No

**Synonyms:** HDL; HDL-C; High-density lipoprotein cholesterol

**Specimen:** Serum

**Volume:** 1.0 mL

**Minimum Volume:** 0.5 mL

**Container:** Gel-barrier tube (SST, Tiger Top)

## **Collection:**

1. Collect and label sample according to standard protocols.
2. Gently invert tube 5 times immediately after draw. DO NOT SHAKE.
3. Allow blood to clot 30 minutes.
4. Centrifuge for 10 minutes.

**Fasting:** If an HDL-Cholesterol is to be performed along with Triglycerides, but not part of a lipid panel, then the patient should be fasting 9-12 hours prior to collection. If the High-density lipoprotein cholesterol is ordered as part of a lipid panel, then a fasting sample is not required.

**Transport:** Store serum at 2°C to 8°C after collection and ship the same day per packaging instructions included with the provided shipping box.

## **Stability:**

**Ambient (15-25°C):** 2 days

**Refrigerated (2-8°C):** 7 days

**Frozen (-20°C):** 28 days

**Causes for Rejection:** Specimens other than serum; improper labeling; samples not stored properly; samples older than stability limits; gross hemolysis

**Methodology:** Enzymatic

**Turn Around Time:** 1 to 3 days

## **Relative Risk Range:**

**Clinical Significance:** HDL Cholesterol is inversely related to the risk for cardiovascular disease and increases following regular exercise, moderate alcohol consumption or with oral estrogen therapy. Decreased levels are associated with obesity, stress, cigarette smoking, and diabetes mellitus.

**Limitations:** In very rare cases gammopathy, especially monoclonal IgM (Waldenstrom's macroglobulinemia), may cause unreliable results.

*The CPT codes provided are based on AMA guidelines and are for informational purposes only. CPT coding is the sole responsibility of the billing party. Please direct any questions regarding coding to the payer being billed.*