

# Cholesterol Test Reports

Patient name: \_\_\_\_\_ Gender: \_\_\_\_\_

Date of birth: \_\_\_\_\_ Medical record #: \_\_\_\_\_ Date of test: \_\_\_\_\_

Clinical history:

Test results			
	Reference range	Patient's result	Interpretation
<b>Total cholesterol</b>	<ul style="list-style-type: none"><li>• Less than 200mg/dL (Desirable)</li><li>• 200-239 mg/dL (Borderline high)</li><li>• 240mg/dL and above (High)</li></ul>		
<b>LDL cholesterol</b>	<ul style="list-style-type: none"><li>• Less than 100mg/dL (Optimal)</li><li>• 100-129mg/dL (Near optimal)</li><li>• 130-159 mg/dL (Borderline high)</li><li>• 160-189 mg/dL (High)</li><li>• 190 mg/dL and above (Very high)</li></ul>		
<b>HDL cholesterol</b>	<ul style="list-style-type: none"><li>• 60 mg/dL and higher (Considered protective against heart disease)</li><li>• 40-59 mg/dL (The higher, the better)</li><li>• Less than 40 mg/dL (A major risk factor for heart disease)</li></ul>		
<b>Triglycerides</b>	<ul style="list-style-type: none"><li>• Less than 150 mg/dL (Normal)</li><li>• 150 to 199 mg/dL (Borderline high)</li><li>• 200 to 499 mg/dL (High)</li><li>• 500 mg/dL or above (Very high)</li></ul>		

*Note: Normal value ranges may vary slightly among different laboratories.*

## Additional information

- Fasting status: \_\_\_\_\_
- Medication: \_\_\_\_\_
- Lifestyle factors: \_\_\_\_\_

## Recommendations

## Additional notes

Ordering physician's name: \_\_\_\_\_ Signature: \_\_\_\_\_

Contact information: \_\_\_\_\_ Date: \_\_\_\_\_

## References

MedlinePlus. (2022, April 4). *Cholesterol levels*. <https://medlineplus.gov/lab-tests/cholesterol-levels/>

MedlinePlus. (2023, November 2). *Triglyceride level*. <https://medlineplus.gov/ency/article/003493.htm>

*MedlinePlus brings together authoritative health information from the National Library of Medicine (NLM), the National Institutes of Health (NIH), and other government agencies and health-related organizations.*