



Cholesterol Screening



Overview

This test measures the amount of cholesterol in your blood. What's cholesterol? It's a waxy, fat-like substance. It's made by your liver. It also comes from the foods you eat. Your body needs cholesterol to function properly. But too much of the wrong kind of cholesterol can lead to atherosclerosis, heart attack and stroke.

Preparation

Before your screening test, you may need to do a few things to prepare. You may be asked to stop taking certain medications. You may be asked to stop eating or drinking anything but water for several hours before the test. Follow your doctor's instructions.

The Procedure

To screen your blood, we use a needle to draw it from a vein. Usually, we take it from your arm. The blood goes into a test tube. This happens quickly, and most people say it's not painful. When it's done, we bandage your arm.

The Results

We send your blood sample to a lab for study. Your doctor will have the results in a few days. If the test shows that you need to adjust your cholesterol levels, your doctor will create a plan to help you do so.

