

Instructions before measurement of lipids

- ❖ eat normally and avoid sudden changes in body weight two weeks before collecting a blood sample
- ❖ intensive physical activity and alcohol consumption should be avoided 48 hours before collecting a blood sample
- ❖ you should eat regular meals 24 hours before collecting a blood sample, but avoid too greasy food
- ❖ please do not eat, drink alcohol or coffee and do not smoke 12 hours before collecting a blood sample
- ❖ cholesterol levels should not be measured in less than 8 weeks after an acute myocardial infarction, surgical procedure, trauma, secondary disease with changes in lipid metabolism, acute bacterial or viral infection.

Note: please do not take medications which affect the lipid profile 48 hours before collecting a blood sample (antihypertensive drugs, oestrogens, gestagens, thyroid hormones), as consulted with a physician.