

**Name of the test:**

Triglycerides test

**Alternative name(s) of the test:**

Often abbreviated as TG.

**What this test is used for:**

This test is used to measure the amount of triglycerides in the blood. Triglycerids are a type of lipids and are one of the main sources of energy for the human body. However, high levels of triglycerides are associated with an increased risk of developing atherosclerosis and heart disease. Physically inactive lifestyle, obesity and diabetes are among the major reasons of having elevated levels of triglycerides.

**When the test is ordered:**

This test is a part of a lipid profile and is performed in order to assess the risk of developing cardiovascular disease.

It is especially important to measure the triglycerides when the patient has diabetes.

**How this test is performed:**

A blood sample is needed for the test. It can be taken from a vein or from a fingertip.

**How to prepare for the test:**

Fasting is required several hours prior to the test. It is important to note that some drugs may affect the test results. Consult your doctor for detailed instructions.

**Interpretation of results:**

High levels of triglycerides are associated with an increased risk of developing cardiovascular disease. The results of other lipid profile tests should be taken into consideration as well.