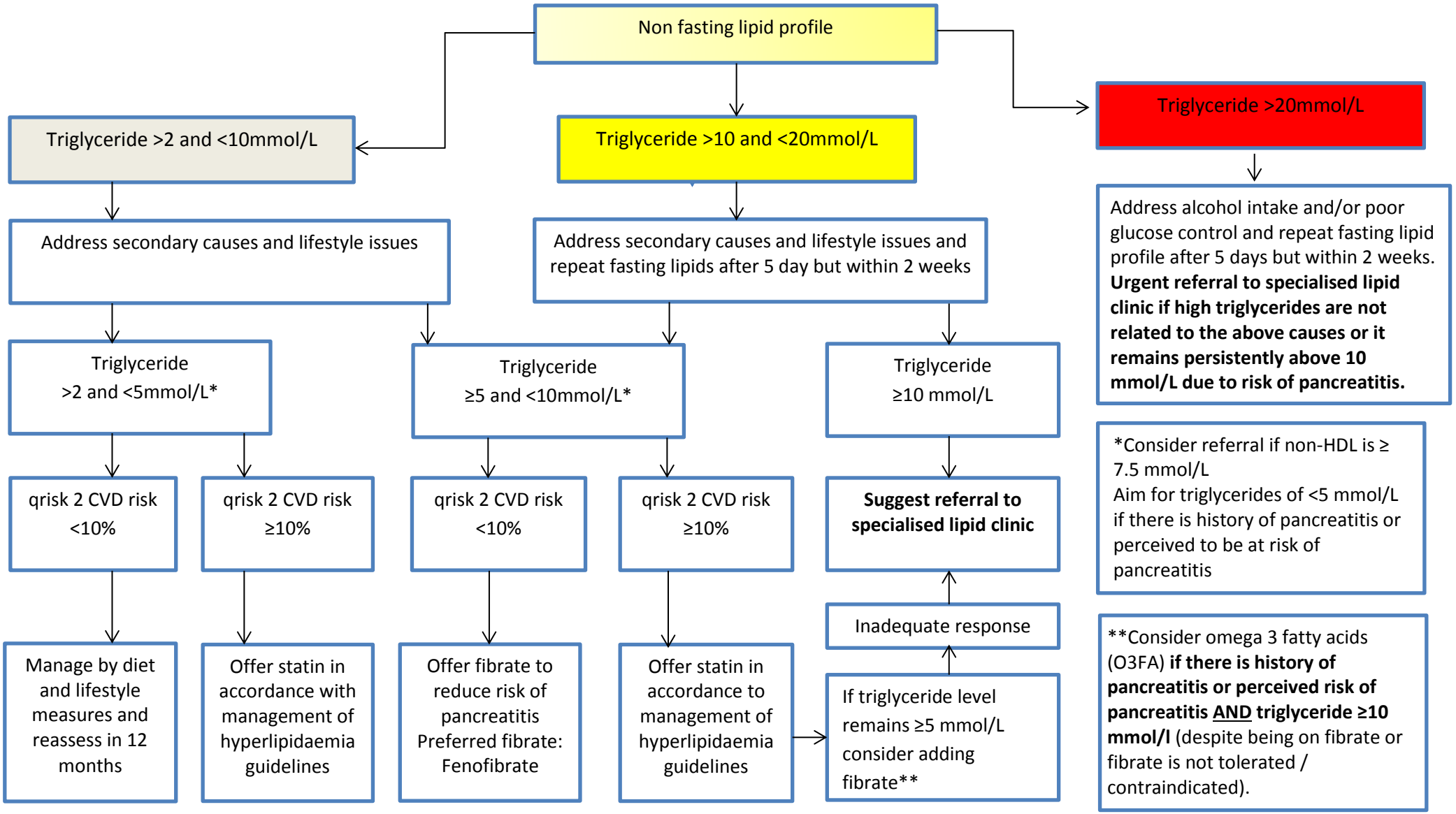
Nottinghamshire Guidance for the Management of Hypertriglyceridaemia

NHS
Nottinghamshire Area Prescribing Committee



*Consider referral if non-HDL is ≥ 7.5 mmol/L
Aim for triglycerides of <5 mmol/L if there is history of pancreatitis or perceived to be at risk of pancreatitis

Consider omega 3 fatty acids (O3FA) **if there is history of pancreatitis or perceived risk of pancreatitis <u>AND</u> triglyceride ≥10 mmol/l (despite being on fibrate or fibrate is not tolerated / contraindicated).

Use of fibrates/O3FA is to reduce risk of pancreatitis and not to modify the CVD risk of the patient. Patients with triglyceride level of >5 mmol/L are at risk with levels >10 mmol/L at significantly higher risk of pancreatitis.

Please be aware that the combination of statin and fibrate increases the risk of myopathy.

Approved by Notts APC: March 2018 Review: March 2021