

DAFTAR PUSTAKA

- Abdillah, W., & Setyawan, Y. (2025). Pengaruh Intervensi Jus Alpukat Tanpa Gula Selama 14 Hari terhadap Kadar LDL dan HDL pada Dewasa dengan Risiko Hiperkolesterolemia. *Jurnal Ilmiah Kesehatan*, 17(2), 30–40. <https://doi.org/10.37012/jik.v17i2.2825>
- Adhikari, A. C., Peiris, H. H., & Attanayake, A. P. (2024). Stability of Serum Total Cholesterol, Triglycerides, and Plasma Glucose of Healthy Individuals at Different Storage Conditions. *Ceylon Journal of Science*, 53(3), 435–438. <https://doi.org/10.4038/cjs.v53i3.8294>
- Afriyani, C., Mandiri University of Gorontalo, B., & dr Hasri Ainun Habibie, R. (2021). Description Of Total Cholesterol Levels In Active Smokers Using The Cholesterol Oxidase Peroxidase Aminoantypirin (Chod-Pap) Method In Puskesmas Kabila. *Journal of Health, Technology and Science*, 2, 30–38. <https://journals.ubmg.ac.id/index.php/JHTS/>
- Altmann, P., Ponleitner, M., Rommer, P. S., Haslacher, H., Mucher, P., Leutmezer, F., Petzold, A., Wotawa, C., Lanzenberger, R., Berger, T., Zetterberg, H., & Bsteh, G. (2021). Seven day pre-analytical stability of serum and plasma neurofilament light chain. *Scientific Reports*, 11(1), 1–8. <https://doi.org/10.1038/s41598-021-90639-z>
- Anisa Fitri, B., Aldi Setiawan, W., Loga, S., & Rahmatul Aini, S. (2024). Pemeriksaan Kolesterol Total. *Journal of Social Science Research*, 4, 13069–13080. <https://j-innovative.org/index.php/Innovative>
- Ardytama Kusuma Yudha, & Hartin Suidah. (2023). Studi Kolerasi Pola Makan Dengan Kadar Kolesterol Pada Pasien Stroke. *Journal Pengembangan Ilmu dan Praktik Kesehatan*, 2, 48–61. <http://e-journal.lppmdianhusada.ac.id/index.php/PIPK>
- Arisanti, D., Ayu Lesmana, U., Fatmawati, A., & Ode Rustiah, W. (2025). Analisis Pengaruh Waktu Penyimpanan Pada Sampel Serum Untuk Pemeriksaan Kolesterol. *Journal of Health Science and Technology*, 6(1), 1–7. <https://doi.org/10.53861/lontarariset.v6i1>
- Aryani, T., Putri, N. E., & Rahmawati, Y. (2024). Pengawasan Mutu Pemeriksaan Kolesterol dan Trigliserida Menggunakan Bahan Kontrol Komersial Setelah Penyimpanan Suhu Ruang Quality Control of Cholesterol and Triglyceride Testing Using Commercial Control Materials After Room Temperature Storage. *Jurnal Kolaboratif Sains*, 7(10), 3712–3718. <https://doi.org/10.56338/jks.v7i10.5578>
- Asrori, Herry, H., Erwin, E., & Puput, M. S. (2022). Analisis Pemeriksaan Kadar Kolesterol menurut Waktu Sentrifugasi. *Jurnal Analisis Kesehatan Klinikal Sains*, 10(1), 17–24. <http://jurnal.univrab.ac.id/index.php/klinikal>
- Ayu Pramesti, L., Firman Solihat, M., Riyani, A., Feisal Rinaldi, S., Sarjana Terapan, P., Teknologi Laboratorium Medis, J., & Kesehatan Kemenkes Bandung, P. (2024). Stabilitas Assayed Serum Control Terhadap Kadar Kolesterol Total, Bilirubin Total, dan Aktivitas ALT pada Suhu -21°C. *Jurnal Kesehatan Siliwangi*, 4, 1–3. <https://doi.org/10.34011/jks.v4i3.2045>
- Azizah, F. N., Astuti, E. S. S., & Haryanto, E. (2023). Pengaruh Variasi Waktu Penundaan Pemisahan Serum Terhadap Hasil Pemeriksaan Glukosa. *The Journal of Muhammadiyah Medical Laboratory Technologist*, 6(2), 184–191. <https://doi.org/10.30651/jmlt.v6i2.14594>

- Bangun Triharyanto. (2020). *Cara Mudah Mengontrol Kolesterol* (Muhammad Rafif Irfan Ardy, Ed.; Pertama). Kreatifa Prima. <https://play.google.com/books/reader?id=yRz6DwAAQBAJ&pg=GBS.PA1&hl=id>
- Berliana, Y., Rosyidah, R. A., & Rahmatullah, W. (2021). Identifikasi Tingkat Kontaminasi Bakteri di Udara Ruang Penyadapan Darah (AFTAP) Unit Donor Darah UPMI Kota Yogyakarta. *Jurnal Ilmu Kedokteran dan Kesehatan Indonesia*, 1(1), 8–16. <https://journal.amikveteran.ac.id/index.php/>
- Brown, R. E., Welsh, P., & Logue, J. (2020). Systematic review of clinical guidelines for lipid lowering in the secondary prevention of cardiovascular disease events. *Open Heart*, 7(2), 1–11. <https://doi.org/10.1136/openhrt-2020-001396>
- Chalies Diah Pratiwi, H., Andyanita Hanif Hermawati, & Intan Niawati Fajrin. (2022). The Effect Of Serum Stored For Five Days Temperature Of 2-8°C With Serum That Is Checked Directly On Total Cholesterol Testing. *Borneo Journal of Medical Laboratory Technology*, 4, 292–296. <http://journal.umpalangkaraya.ac.id/index.php/bjmlt>
- CLSI. (2023). *Handling, transport, processing and storage of blood specimens for routine laboratory examinations* (1st Edition, Vol. 43). Clinical and Laboratory Standards Institute.
- Coskun, A. (2025). Are Your Laboratory Data Reproducible? The Critical Role of Imprecision from Replicate Measurements to Clinical Decision-making. In *Annals of Laboratory Medicine* (Vol. 45, Number 3, pp. 259–271). Korean Society for Laboratory Medicine. <https://doi.org/10.3343/alm.2024.0569>
- Dang, A. K., Thi Le, L. T., Pham, N. M., Nguyen, D. Q., Thi Nguyen, H. T., Dang, S. C., Le Nguyen, A. T., Le, H. T., Mamun, A. A., Phung, D., & Thai, P. K. (2025). An upward trend of dyslipidemia among adult population in Vietnam: Evidence from a systematic review and meta-analysis. In *Diabetes and Metabolic Syndrome: Clinical Research and Reviews* (Vol. 19, Number 1). Elsevier Ltd. <https://doi.org/10.1016/j.dsx.2024.103171>
- Dewa Ayu Diah Dwi Pramesti. (2024). *Hubungan Jumlah dan Lamanya Merokok Dengan Kadar Kolesterol Total Pada Perokok Aktif di Kecamatan Denpasar Selatan* [Skripsi]. Poltekkes Kemenkes Denpasar.
- Fernando, C., Flores, Y., De Las, Á., Pineda, M. H., Cevallos Bonilla, V. M., & Sáenz-Flor, K. (2020). Sample Management: Stability of Plasma and Serum on Different Storage Conditions. *Journal of the International Federation of Clinical Chemistry and Laboratory Medicine*, 31(Improving the preanalytical phase in laboratory medicine), 46–55.
- Fu, X., Zong, T., Yang, P., Li, L., Wang, S., Wang, Z., Li, M., Li, X., Zou, Y., Zhang, Y., Htet Aung, L. H., Yang, Y., & Yu, T. (2021). Nicotine: Regulatory Roles and Mechanisms in Atherosclerosis Progression. *Food and Chemical Toxicology*, 151, 112154. <https://doi.org/10.1016/j.fct.2021.112154>
- Grundy, S. M., Stone, N. J., Bailey, A. L., Beam, C., Birtcher, K. K., Blumenthal, R. S., Braun, L. T., De Ferranti, S., Faiella-Tommasino, J., Forman, D. E., Goldberg, R., Heidenreich, P. A., Hlatky, M. A., Jones, D. W., Lloyd-Jones, D., Lopez-Pajares, N., Ndumele, C. E., Orringer, C. E., Peralta, C. A., ... Yeboah, J. (2019). Guideline on the Management of Blood Cholesterol. In *Circulation* (Vol. 139, Number 25, pp. E1082–E1143). Lippincott Williams and Wilkins. <https://doi.org/10.1161/CIR.0000000000000625>

- Gusmayani, Y., Anggraini, H., & Nuroini, F. (2021). Perbedaan Kadar Kolesterol Serum Metode Spektrofotometri dan Metode Point Of Care Testing (POCT). *Jurnal Labora Medika*, 5, 24–28. <http://jurnal.unimus.ac.id/index.php/JLabMed>
- Hadriyati, A., Alwi, M., Jannah, M., Farah, Z., Yestin, E., Bunyamin, R. S. M., Aprilya, P., & Maryadi, N. (2023). Edukasi Tentang Hiperkolesterolemia pada Lansia Serta Pengobatan Alami dari Daun Bandotan. *Jurnal Pengabdian Harapan Ibu (JPHI)*, 5(1), 26. <https://doi.org/10.30644/jphi.v5i1.752>
- Helniasari, Nurhidayanti, & Bastian. (2022). Perbedaan Kadar C-Reaktif Protein (CRP) Pada Sampel Serum dan Plasma K3EDTA Dengan Metode Imunoturbidimetri. *The Journal of Muhamadiyah Medical Laboratory Technologist*, 5(5), 139–148.
- Hesti Permata Sari, Afina Rachma Sulistyaning, Sifa Aulia Wicaksari, Windi Prisia, & Elok Widyaningtyas. (2024). Hubungan Pola Konsumsi Makanan Cepat Saji, Minuman Berpemanis, dan Asupan Serat dengan Kolesterol Darah pada Dewasa Muda. *Amerta Nutrition*, 8(2), 312–317. <https://doi.org/10.20473/amnt.v8i2.2024.312-317>
- Intantri, R., Aliviameita, A., Puspitasari, P., & Rini, C. S. (2024). Critical Impact of Storage Conditions on Kidney Biomarkers. *Indonesian Journal on Health Science and Medicine*, 1(1). <https://doi.org/10.21070/ijhsm.v1i1.2>
- Jambhulkar, R., Puppulwar, P., & Lambe, S. (2025). Effect of Storage Temperature (-20°C, 4°C, 25°C) and Duration (24h-1week) on Biochemical Serum Analyte Stability in Healthy Adult Samples: A Comparative Analysis. *European Journal of Cardiovascular Medicine*, 15(8), 735–738. <https://doi.org/10.61336/ejcm/25-08-133>
- Kurnia, G. D., Khoirul Abror, Y., Marliana, N., & Riyani, A. (2023). Thw Effect of Temperature and Storage Time Serum on C-Reactive Protein on Patients With Type 2 Diabetes Melitus. *Jurnal Kesehatan Siliwangi*, 4(1), 235–240. <https://doi.org/10.34011/jks.v4i1.1429>
- Lestari, N. A., & Mulyawati, A. (2025). Hubungan Keselamatan Pasien Terhadap Mutu Hasil Pemeriksaan Laboratorium Berdasarkan Standar Akreditasi di Rumah Sakit Risa Sentra Medika. *Medical Research and Public Health Information Journal*, 2(2), 12–20.
- Li, Z. Z., Huang, Q., Yang, X. L., Zeng, J., Wang, Q. H., Tang, H. M., Yu, Z. Q., Song, Y. Q., & Liu, Y. (2022). Cholesterol Metabolic Markers for Differential Evaluation of Patients with Hyperlipidemia and Familial Hypercholesterolemia. *Disease Markers*, 2022, 1–9. <https://doi.org/10.1155/2022/2008556>
- Malik, A. R., Hayati, D. N., Riyani, A., & Kurnaeni, N. (2023). Pengaruh Indeks Hemolisis Serum Terhadap Aktivitas Enzim Alkaline Phosphatase (ALP). *Jurnal Kesehatan Siliwangi*, 4(1), 412–418. <https://doi.org/10.34011/jks.v4i1.1670>
- Maria, T. S., Wieke, S. W., Doni, S., & Anik, N. (2018). *Kendali Mutu (C. Titi, A. D. Bangun, & S. Nono, Eds.; Pertama)*. Kementerian Kesehatan Republik Indonesia.
- Maulidiyanti, E. T. S., Purwaningsih, N. V., Widiyastuti, R., Samsudin, R. R., & Arimurti, A. R. R. (2021). The Effect of Storage Time for Pooled Sera on Freezers on the Quality of Clinical Chemical Examination. *Medicra (Journal*

- of Medical Laboratory Science/Technology), 4(2), 78–82.
<https://doi.org/10.21070/medicra.v4i2.1613>
- Mega, P. I., & Helviola. (2023). Cholesterol Oxidase Deaminase Peroksidase Aminoantipyrin. *Jurnal Riset Ilmiah*, 2(1), 109–114.
ejournal.nusantaraglobal.ac.id/index.php/sentri
- Moch. Arifin Zamzamy. (2024). *Hubungan Konsumsi Ikan Laut Terhadap Kadar Kolesterol Total pada Nelayan di Desa Tamberu Timur* [Skripsi]. Universitas Muhammadiyah Surabaya.
- Mowendu, E. H., Putu, A. P., & Ni, K. A. M. (2025). Perbedaan Kadar Kolesterol Serum Darah yang Dibekukan Sebelum Dicentrifuge dan Langsung Dicentrifuge. *Jurnal Rumpun Ilmu Kesehatan*, 5(3), 26–37.
<https://doi.org/10.55606/jrik.v5i3.5521>
- Mustika, A., Hernaningsih, Y., Wardhani, P., Khaerunnisa, S., Nunki, N., Israeli, N. B., Indarwati, M. U., Nabilah, H. M., Satrio, T., Sidiq, V. A., Triastuti, F., Desianto, R. M., Saputra, A., Ersanto, N., Putri, R. W., & Sari, I. D. (2024). Correlation Glucose, Uric Acid, and Cholesterol Levels Towards Health Conditions in the Highlands: POCT Approach. *Indonesian Journal of Clinical Pathology And Medical Laboratory*, 3, 206–211.
www.indonesianjournalofclinicalpathology.org
- Nabilah, S., Khotimah, E., & Pramitaningrum, I. K. (2023). Pemantapan Mutu InternalPra-Analitik pada Pemeriksaan Glukosa Darah Puasa di Laboratorium Duren Sawit. *Binawan Student Journal*, 5(2), 58–4.
- Naqiyyah, S., Kurnaeni, N., Merdekawati, F., & Feisal, S. (2024). Stability Of Storage Time Of Serum, Plasma K3EDTA and Plasma Heparin At Room Temperature Towards Triglyceride Examination. *Jurnal Kesehatan Siliwangi*, 5(2), 429–438. <https://doi.org/10.34011/jks.v5i2.2676>
- Nguyen, T. T. M., & Nguyen, D. T. Van. (2024). Evaluation of triglycerides, total cholesterol and high density lipoprotein-cholesterol stability in human whole blood and plasma samples. *MedPharmRes*, 8(4), 274–282.
<https://doi.org/10.32895/ump.mpr.8.4.30>
- Ode, N. G. W. M., Bagus Widyantara, A., & Amalia, A. A. (2025). Analisis Quality Control Pemeriksaan Kolesterol Total dan Trigliserida Metode Six Sigma di RS Bhayangkara POLDA DIY Tahun 2024. *Jurnal Kesehatan Tambusai*, 6(3), 9624–9630. <https://doi.org/https://doi.org/10.31004/jkt.v6i3.47830>
- Prarastri, C., & Saktiningsih, H. (2024). The Differences on Cholesterol Levels was Centrifuged Samples after Freezed for 30 Minutes and 2 Hours. *Journal Biologi Tropis*, 24(2), 999–1004. <https://doi.org/10.29303/jbt.v24i2.6929>
- Pudjiastuty, R. D., Rustiana, T., Rukhiat, D., & Kurnia, D. (2025). Pengukuran Kadar Kreatinin Pada Sampel Serum Yang Diperiksa Segera dan Ditunda Selama 5 Jam Pada Suhu Ruang 20-25 o C Dan Suhu Kulkas 2-8 o C. *JAK-STABA*, 09(02), 1–5.
- Puspita, D., Latudi, A., Amalia, A. A., Aulia, I., Mu'awanah, U., & Yogyakarta, A. (2024). Analisis Quality-Control HDL, LDL dan Trigliserida Menggunakan Grafik Levey-Jennings dan Six Sigma. *Jurnal Kesehatan Tambusai*, 5(3), 7887–7894.
- Putri, D. E., Indrayani, A., Safari, W. F., & Wirahkusuma, D. A. (2025). Perbedaan Kadar Glukosa Darah Puasa Antara Sampel Serum Dan Sampel Plasma Heparin. *Binawan Student Journal*, 7(1), 1–6.
<https://doi.org/10.54771/sbhzh716>

- Rahmad, A. (2024). Alasan Peneliti Menggunakan Analisis Statistik Wilcoxon (Non Parametrik). *Prosiding Seminar Nasional Ilmu Sosial & Teknologi*, 119–125. <https://scholar.google.com/>
- Reis, G. B., Rees, J. C., Ivanova, A. A., Kuklenyik, Z., Drew, N. M., Pirkle, J. L., & Barr, J. R. (2021). Stability of lipids in plasma and serum: Effects of temperature-related storage conditions on the human lipidome. *Journal of Mass Spectrometry and Advances in the Clinical Lab*, 22, 34–42. <https://doi.org/10.1016/j.jmsacl.2021.10.002>
- Reynita Dwi Chaerunissa. (2022). *Hubungan Kadar Gula Darah Sewaktu dan Kadar Kolesterol Total Terhadap Tekanan Darah Penderita Diabetes Melitus Tipe II* [Skripsi]. Univeristas Binawan.
- Rizky Marhotilla. (2021). *Pengaruh Konsumsi Kacang Hijau Terhadap Kadar Kolesterol Menggunakan Metode CHOD-PAP di RSUD Anna Medika Madura* [Naskah Publikasi]. Sekolah Tinggi Ilmu Kesehatan Ngudia Husada Madura.
- Sholihah, I., Krihariyani, D., Istanto, W., Arifin, S., Medis, T. L., Kesehatan, P., & Kesehatan Surabaya, K. (2025). Persentase Keberhasilan Waktu Penundaan Pemeriksaan Sampel Darah EDTA pada Indeks Eritrosit. *Jurnal Inovasi Riset Ilmu Kesehatan*, 4(3), 272–281. <https://jurnalp4i.com/index.php/healthy>
- Sonjaya, R. P., Rahma Aliyya, F., Naufal, S., & Nursalman, M. (2025). Pengujian Prasyarat Analisis Data Nilai Kelas: Uji Normalitas dan Uji Homogenitas. *Jurnal Pendidikan Tambusai*, 9, 1627–1639.
- Sumarni, Tri Anonim, & Supriyo. (2023). Gambaran Profil Lipid (HDL, LDL, Kolesterol dan Trigliserida) pada Orang dengan Status Gizi Berlebih. *Jurnal Lintas Keperawatan*. <https://ejournal.poltekkes-smg.ac.id/ojs/index.php/LIK>
- Syamsir, Kurniawan, L. B., Widaningsih, Y., Bahar, B., Esa, T., & Ariyandy, A. (2025). Analysis of Reference Range Values of Lipid Profile and Lipid Ratio in Healthy Young Adult Population in Makassar, Indonesia. *National Journal of Community Medicine*, 16(6), 628–634. <https://doi.org/10.55489/njcm.160620255002>
- Tirtasari, S., Novendy, Radhitya Farid, I., & Priscilla Caroline Simatupang, E. (2025). Gambaran Profil Lipid pada Salah Satu Laboratorium di Wilayah Kota Tangerang. *Ebbers PapyRus*, 31(1), 157–164.
- Ubaidillah, M. I., Analis, A., An, K., Cirebon, N., Prambudi, H., Kesehatan, A. A., Nasher, A., Oktafirani, C., As, A., Rizal, C., Akademi, I. A., Kesehatan, A., Alamat, C., Ponpes, J., Banin, T., Cirebon, K. S., & Barat, J. (2021). Pengaruh Penundaan Sentrifugasi dan Penyimpanan Darah pada Kadar Kolesterol Total. *Jurnal Sains Dan Kesehatan*, 5(1).
- Vani Talia Damayanti. (2022). *Perbandingan Hasil Pemeriksaan Kolesterol Total Serum Segar dan Serum Tunda 6 Hari pada Suhu 4°C di Laboratorium Patologi Klinik* [Skripsi]. Universitas Binawan.
- Vita Purwaningsih, N., Tunjung Sari Maulidiyanti, E., Dias Surohadi, N., Muzammil, A., Wijastuti, B., & Fitriyah, L. (2025). Faktor Pre-Analitik Pemeriksaan Glukosa 2 Jam PP pada Pasien Diabetes Mellitus di RSUD Haji Provinsi Jawa Timur Surabaya. *Jurnal Media Analis Kesehatan*, 16(1), 2621–9557. <https://doi.org/10.32382/jmak.v16i1.1101>
- Warsi'ah. (2022). *Perbandingan Hasil Pemeriksaan Kadar Kolesterol Segera Dikerjakan Dengan Penundaan 4 Jam dan Penundaan 24 Jam di RS Bhineka Bakti Husada* [Skripsi]. Universitas Binawan.

- WHO. (2015). *Surveillance Guidelines for Measles, Rubella and Congenital Rubella Syndrome in the WHO European Region*.
- Widiana, D. R., Syafiuddin, Sriwijayasih, I., Aju, I. R., Praharsi, Y., & Novianarenty, E. (2025). Penerapan Uji Wilcoxon Signed Rank Test Untuk Menganalisis Perbedaan Nilai Test Sebelum Dan Setelah Pelatihan Digital Marketing. *Jurnal Teknologi Maritim*, 8(2), 23–32. <https://doi.org/10.35991/jtm.v8i2.73>
- Widya, R. K. (2024). *Gambaran Kadar Kolesterol Total pada Wanita Dengan Sedentary Lifestyle* [Karya Tulis Ilmiah]. Institut Teknologi Sains dan Kesehatan.
- World Heart Federation. (2018). CVD & Cholesterol. *World Heart Federation*.
- Yuan, S., Huang, X., Ma, W., Yang, R., Xu, F., Han, D., Huang, T., Peng, M., Xu, A., & Lyu, J. (2023). Associations of HDL-C/LDL-C with myocardial infarction, all-cause mortality, haemorrhagic stroke and ischaemic stroke. *Stroke and Vascular Neurology*, 8(2), 119–126. <https://doi.org/10.1136/svn-2022-001668>

