In the UK cholesterol levels are measured in millimoles per litre (mmol/l). However, if you have your cholesterol levels tested in Europe or USA, your result will be measured in milligrams per deciliter (mg/dl).

**How to convert**

To convert from one to the other please use the following formula:-

**To convert cholesterol levels:-**

\[
\text{Cholesterol mg/dl} = \text{mmol/l} \times 38.6 \\
\text{Cholesterol mmol/l} = \frac{\text{mg/dl}}{38.6}
\]

**To convert triglyceride levels:-**

\[
\text{Triglyceride mg/dl} = \text{mmol/l} \times 88.5 \\
\text{Triglyceride mmol/l} = \frac{\text{mg/dl}}{88.5}
\]

**Examples**

- Cholesterol 5 mmol/l = 193 mg/dl (ie 5 X 38.6)
- Cholesterol 3 mmol/l = 116 mg/dl (ie 3 X 38.6)
- Triglyceride 2mmol/l = 177mg/dl ( ie 2 X 88.5)