



Common Preventive and Diagnostic Tests

Test Name	Definition
Angiogram	Blood vessels are injected with dye to look for the size and location of any blockages in blood vessels.
Barium enema	After drinking a special solution, x-rays are taken to look for abnormalities in the colon.
Biopsy	Removal of a small piece of tissue for examination under a microscope or lab testing to help identify a condition.
Blood test	Blood is taken from a vein (inside elbow, back of hand) to detect problems or rule out a condition, such as anemia (low blood count) or high levels of cholesterol, or to test for diabetes (glucose or sugar).
Bone mineral density test (BMD)	BMD tests take pictures like x-rays of the skeleton to confirm osteoporosis (weakening or thinning of bones), detect low bone density, or check response to an osteoporosis treatment.
Bronchoscopy	A tube with a tiny camera is put into the bronchial tubes (airways to the lungs) to remove cells or tissue, which are sent to a lab to look for cancer or cell changes.
Clinical breast exam (CBE)	The breasts and underarm area (lymph nodes) are physically examined by a health care provider to detect any lumps or abnormalities.
Chest x-ray	A picture is taken of the chest to see the condition of the lungs.
Colonoscopy	A flexible tube with a light source is inserted into the colon through the anus to view all sections of the colon for abnormalities.
Computed tomographic (CT or CAT) scan	Takes 3-dimensional pictures of parts of the body to look for problems, abnormalities, or injury. A special fluid is injected into a vein to highlight parts of the body in the images.
Echocardiogram	Using sound waves, a picture of the heart is made to look for problems with the heart's pumping action.
Electroencephalogram (EEG)	Looks for brain malfunctions by recording electrical impulses (activity) within the brain.
Electrocardiogram (EKG or ECG)	A picture of the heart is made using sound waves to check the heart's rhythm; can also locate the part of the heart where a heart attack might be occurring (or has occurred).
Fecal occult blood test	Looks for hidden (occult) blood in a stool sample.
Laparoscopy	A tube with a light on one end is inserted into the abdomen through a small incision to check abdominal organs for growths or other problems.
Magnetic resonance imaging (MRI)	Uses powerful magnets and radio waves to construct pictures of the body to look for problems.

Test Name	Definition
Mammogram	A picture of each breast is taken (x-rayed), to look for signs of breast cancer. The digital mammography records x-ray images on a computer.
Medical history	Your HCP asks you about your current and past physical and mental health: illnesses, surgeries, pregnancies, medications, allergies, family history of physical and mental health conditions, use of alternative therapies, vitamins and supplements, diet, current and past alcohol and drug use, and physical activity.
Mental health screening	Your HCP or a mental health professional asks you about symptoms like depression or anxiety, medications, alcohol and drug use, thoughts about death or suicide, and family history of mental illness.
Needle aspiration	A thin needle is inserted into a mass or lump to remove cells or fluid, which are examined under a microscope for cell changes or cancer.
Pap test	Cells from the cervix (opening to the uterus, or womb) and the surrounding area are taken with a brush and looked at for changes in the cells or cancer.
Pelvic exam	By looking at and feeling the reproductive organs through the vagina (birth canal), your HCP can detect certain problems. The rectum, cervix, vagina, and area around the vagina are looked at for any problems or disease.
Physical exam	Your HCP looks at your body to detect any problems, screens for diseases, determines risk for future problems, and updates vaccinations. You may be asked about your lifestyle (physical activity, alcohol and drug use, diet) and your mental health (emotions, coping ability).
Positron emission tomography (PET) scan	Puts radioactive material into the body to produce pictures of organs (for evaluation) or tumors (to monitor treatment effects).
Prostate-Specific Antigen (PSA)	Blood test that measures the amount of prostate-specific antigen (PSA) in your blood. Used to detect prostate cancer.
Sigmoidoscopy	A thin, flexible tube is inserted into the colon through the anus to look for abnormalities in the lower third of the colon.
Sleep studies	Sleep is monitored in a sleep lab to record brain activity, body movements, nerve and muscle function, and the time it takes you to fall asleep and go into deep sleep.
Spirometry	Measures lung function and how open the airways to the lungs are.
Stress test	Records the electrical activity of the heart during physical stress (exercising on a treadmill) to look for blockages in the blood vessels; it can also be done with drugs and no exercise.
Testicular exam	Your health care provider examines the testicles for lumps or swelling.
Ultrasound	Using sound waves, a picture of internal organs is created on a computer screen to look for problems or abnormalities.