

## Common Laboratory Tests

**BMP (Basic Metabolic Panel):** A BMP is a common blood chemistry test that measures your sugar level, electrolyte balance, and kidney function.

**CBC (Complete Blood Count):** A common blood test that helps determine an individual's general health status. It evaluates hemoglobin, hematocrit, white blood cells, red blood cells, red blood cell indices, and platelets. It can be used as a tool to help diagnose various conditions, such as anemia, infection, inflammation, bleeding disorder, or leukemia.

**CMP (Complete Metabolic Panel):** A CMP is similar to a BMP, in that it measures your sugar level, electrolyte balance, kidney function, but it also measures liver function.

**ESR (Erythrocyte Sedimentation Rate):** A non-specific blood test that is used to help detect inflammation. It is said to be non-specific because an elevated result often indicates inflammation but does not tell exactly where the inflammation is in the body or what is causing it. It is typically used in conjunction with other testing.

**Ferritin:** A blood test that assesses a person's iron stores in the body. The test is sometimes ordered with an iron test and a TIBC (Total Iron Binding Capacity) to detect the presence and severity of iron deficiency or iron overload.

**FT4 (Free Thyroxine):** Free T4 is a blood test used to help evaluate thyroid function and diagnose thyroid diseases usually after discovering that the TSH level is abnormal.

**FT3 (Free Triiodothyronine):** Free T3 is a blood test used to assess thyroid function. It is primarily used to help diagnose hyperthyroidism and may be ordered to help monitor treatment of a person with a known thyroid disorder.

**GC/CHL (Gonorrhea/Chlamydia):** This test is used to detect infections caused by the bacteria *Neisseria gonorrhoea* and/or the bacteria *Chlamydia trachomatis*. These are both sexually transmitted diseases (STD) and can cause serious complications if not treated. Testing for Chlamydia and Gonorrhea is often done at the same time since the infections caused by these two bacteria can have similar signs and symptoms.

**Hemoglobin A1C:** A blood test that is used to screen for and diagnose diabetes and prediabetes in adults. It is also used to monitor the glucose control of diabetics over time. The A1C result gives a picture of the average amount of glucose in the blood over the last 2-3 months.

**HIV (fourth generation test):** A blood test that can simultaneously detect both HIV-1 antigen (ie, viral protein) and HIV-1/2 antibodies. This test can detect HIV during both acute and chronic phases of infection.

**Influenza A and B:** Influenza is a highly contagious, acute, viral infection of the respiratory tract. It is a communicable disease that is easily transmitted through the coughing and sneezing of aerosolized droplets containing live virus. A nasopharyngeal swab is collected and used to detect whether a patient has Influenza.

**KOH:** A test used to diagnose fungal infections of the skin. It involves scraping skin cells from an infected area onto a microscopic slide and examining it for fungal elements.

**Lipid Panel:** A lipid panel is a blood test that measures lipids. This panel includes cholesterol, triglycerides, high-density lipoprotein (HDL), and low-density lipoprotein (LDL).

**Manual Differential:** A white blood cell differential is performed by making a blood smear slide and looking at the slide under a microscope to determine the relative number of each type of white blood cell present in the blood. A study of red blood cell, white blood cell, and platelet morphology is performed by looking at the slide as well.

**Mono (Mononucleosis):** A blood test used to detect mononucleosis heterophile antibodies as an aid in the diagnosis of infectious mononucleosis.

**Rapid Strep Test:** This test is used to determine whether a person with a sore throat has strep throat, an infection of the throat and tonsils caused by the bacteria *Streptococcus pyogenes*, or Group A *Streptococcus*. A throat swab is collected and used for testing.

**TSH (Thyroid Stimulating Hormone):** TSH is a blood test used for evaluating thyroid function and/or symptoms of a thyroid disorder, including hyperthyroidism and hypothyroidism.

**Urinalysis:** A urine test that is comprised of several chemical, microscopic and visual examinations used to detect cells, cell fragments and substances such as crystals or casts in the urine associated with various conditions such as urinary tract infections, kidney disorders, diabetes, or other metabolic conditions, to name a few.

**Urine Culture:** A test used to diagnose a urinary tract infection (UTI) and to identify the bacteria or yeast causing the infection. The results will help a healthcare practitioner determine which drugs are likely to be most effective in treating a person's infection.

**Vitamin B12:** A blood test that checks the amount of B12 in your blood. It is often used in conjunction with Folate to help diagnose the cause of certain anemias, such as pernicious anemia, an autoimmune disease that affects the absorption of B12.

**Wet Prep:** A gynecologic test wherein a sample of vaginal discharge is observed by wet mount microscopy by placing the specimen on a glass slide and mixing with a salt solution. It is used to find the cause of vaginitis and vulvitis.