

# Age-Specific Screening Guidelines for Women



**Gwinnett  
Medical Center**  
Lawrenceville • Duluth

## Recommended Screenings and Immunizations for Women at Average Risk for Most Diseases

Screening Tests	Ages 18-39	Ages 40-49	Ages 50-64	Ages 65 and older
<b>Full Check-up (including weight and height)</b>	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.
<b>Thyroid Test (TSH)</b>	Start at age 35, then every 5 years.	Every 5 years.	Every 5 years.	Every 5 years.
<b>Blood Pressure Test</b>	At least every 2 years.	At least every 2 years.	At least every 2 years.	At least every 2 years.
<b>Cholesterol Test</b>	Start at age 20, discuss with your doctor or nurse.	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.
<b>Bone Mineral Density Test</b>		Discuss with your doctor or nurse.	Discuss with your doctor or nurse.	Get a bone mineral test at least once. Talk to doctor or nurse about repeating.
<b>Blood Sugar Test</b>	Discuss with your doctor or nurse.	Start at age 45, then every 3 years.	Every 3 years.	Every 3 years.
<b>Mammogram</b>		Every 1-2 years. Discuss with your doctor or nurse.	Every 1-2 years. Discuss with your doctor or nurse.	Every 1-2 years. Discuss with your doctor or nurse.
<b>Pap Test &amp; Pelvic Exam</b>	Every 1-3 years if you have been sexually active or are older than 21.	Every 1-3 years.	Every 1-3 years.	Discuss with your doctor or nurse.
<b>Chlamydia Test</b>	If sexually active, yearly until age 25. Ages 26-39: If you are at high risk for Chlamydia or other STDs, you may need this test.	If you are at high risk for Chlamydia or other STDs, you may need this test.	If you are at high risk for Chlamydia or other STDs, you may need this test.	If you are at high risk for Chlamydia or other STDs, you may need this test.
<b>Sexually Transmitted Diseases (STD Tests)</b>	Both partners should get tested for STD, including HIV, before initiating sexual intercourse.	Both partners should get tested for STD, including HIV, before initiating sexual intercourse.	Both partners should get tested for STD, including HIV, before initiating sexual intercourse.	Both partners should get tested for STD, including HIV, before initiating sexual intercourse.
<b>Fecal Occult Blood Test</b>			Yearly	Yearly
<b>Flexible Sigmoidoscopy (with fecal occult blood test preferred)</b>			Every 5 years (if not having a colonoscopy).	Every 5 years (if not having a colonoscopy).
<b>Double Contrast Barium Enema (DCBE)</b>			Every 5-10 years (if not having a colonoscopy or sigmoidoscopy).	Every 5-10 years (if not having a colonoscopy or sigmoidoscopy).
<b>Colonoscopy</b>			Every 10 years.	Every 10 years.
<b>Rectal Exam</b>	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.	Every 5-10 years with each screening (sigmoidoscopy, colonoscopy or DCBE).	Every 5-10 years with each screening (sigmoidoscopy, colonoscopy or DCBE).
<b>Influenza Vaccine</b>	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.	Yearly	Yearly
<b>Pneumococcal Vaccine</b>				One time only.
<b>Tetanus-Diphtheria Booster Vaccine</b>	Every 10 years.	Every 10 years.	Every 10 years.	Every 10 years.

**PLEASE NOTE:** These charts are guidelines only. Your doctor will personalize the timing of each test and immunization to best meet your health care needs. Information provided by the National Women's Health Information Center.