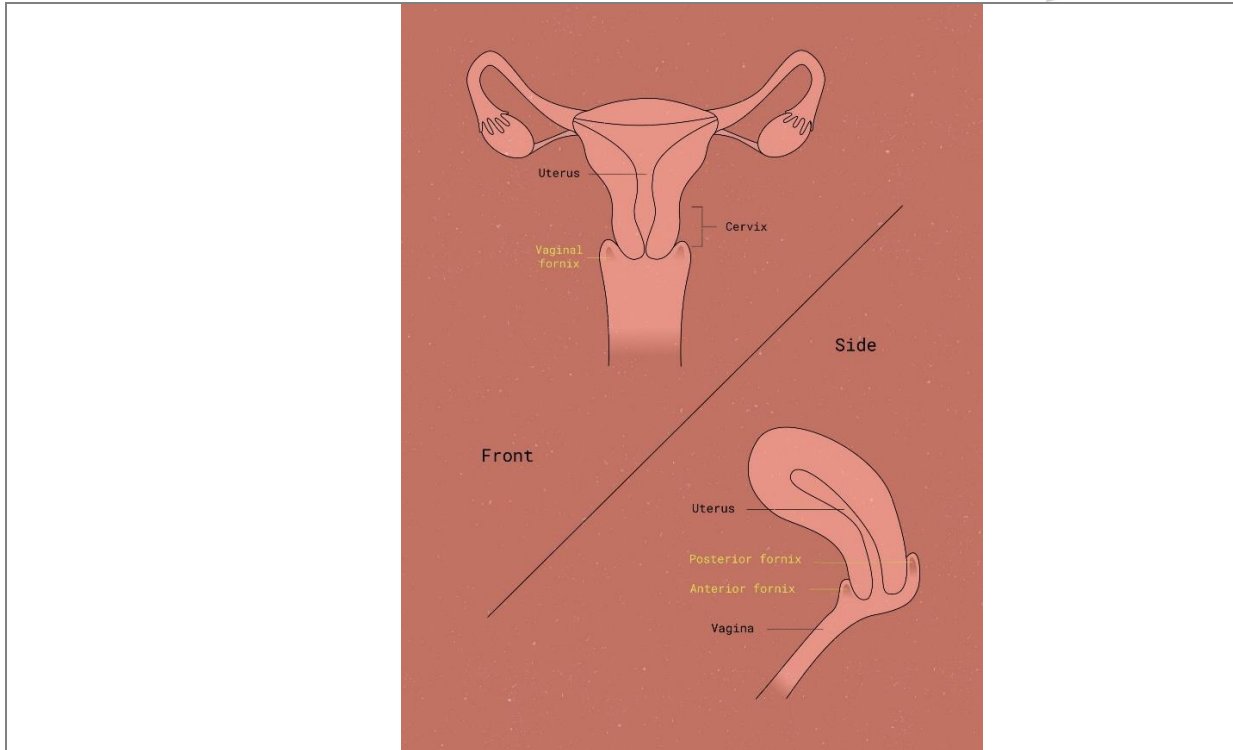


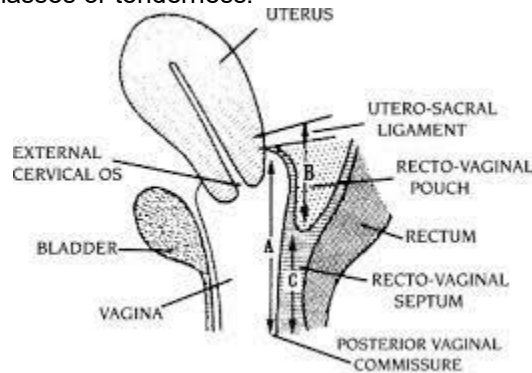
## Female Genitalia Student Checklist

<b>Washes hands, apply appropriate personal protective equipment</b>
<b>Inspection of the External Genitalia:</b>
<ul style="list-style-type: none"> <li>• Mons pubis</li> <li>• Labia majora</li> <li>• Perineum: <ul style="list-style-type: none"> <li>○ Inspect for lesions, swelling, erythema, and masses.</li> </ul> </li> </ul>
<ul style="list-style-type: none"> <li>• Labia minora</li> <li>• Clitoris</li> <li>• Urethral meatus</li> <li>• Introitus <ul style="list-style-type: none"> <li>○ Lesions, swelling, erythema, masses, discharge, odor</li> </ul> </li> </ul>
<b>Palpation of the External Genitalia:</b>
<ul style="list-style-type: none"> <li>• Bartholin glands <ul style="list-style-type: none"> <li>○ Swelling, tenderness, discharge</li> </ul> </li> </ul>
<b>Advanced Techniques:</b>
<ol style="list-style-type: none"> <li>1. Speculum Exam</li> <li>2. Bi-manual exam</li> <li>3. Rectovaginal exam</li> </ol>
<b>Internal Speculum Exam:</b>
1. Warm speculum
2. Inform the patient that you are about to insert a speculum, and they will feel your physical touch.
3. Insert the speculum
4. Cervix: Inspect/assess color, note any erosions or lesions
5. Cervical os: Inspect/assess the shape, note any bleeding or discharge
6. Collect cervical cytology (pap smear)
7. Collect cervical and vaginal swab specimens as needed
8. Vaginal mucosa: Inspect/assess color, and note any inflammation, discharge, lesions, or masses
<b>Bimanual Exam:</b> Assesses the female pelvic organs (uterus and ovaries). The examiner places two gloved and lubricated fingers into the vagina while pressing on the abdomen with the other hand (bimanual means with two hands).
<ul style="list-style-type: none"> <li>• Assess the introitus and vaginal wall while asking the patient to bear down: note muscle tone, tenderness, nodularity</li> <li>• Assess the Cervix: noting position, consistency, mobility, tenderness, and masses</li> <li>• Fornices (the widest part at the end of the vaginal canal, which forms a dome around the cervix): <ul style="list-style-type: none"> <li>○ Assess the anterior, posterior, and lateral edges, noting any masses or abnormal consistency.</li> </ul> </li> </ul>



- Assess the Uterus: Note the size, shape, position, presence of masses, mobility, tenderness, and consistency
- Adnexa (includes the ovaries, fallopian tubes, and ligaments that secure the female reproductive organs):
  - Palpate for tenderness, masses and/or ovaries, noting size, shape, mobility, consistency

• Rectovaginal Exam: Additional assessment technique indicated if there are concerns of a rectovaginal fistula or rectal or vaginal cancer, the examiner assesses the rectovaginal septum consistency, noting any masses or tenderness.



**Note:** Anaf, V., Simon, P., Nakadi, I. E., Simonart, T., Noël, J. C., & Buxant, F. (2001). Impact of surgical resection of rectovaginal pouch of douglas endometriotic nodules on pelvic pain and some elements of patients' sex life. *Journal of the American Association of Gynecologic Laparoscopists*, 8(1), 55–60. [https://doi.org/10.1016/s1074-3804\(05\)60549-x](https://doi.org/10.1016/s1074-3804(05)60549-x)

**Ensure optimal patient privacy and adequate draping throughout the physical exam process.**