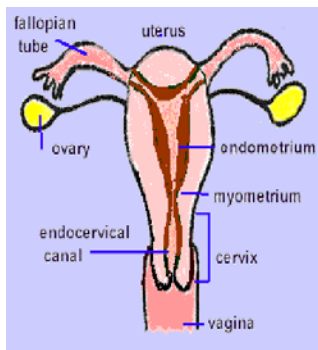


PELVIC EXAM

Afterwards, the health-care provider will check your inside female parts, which includes your ovaries, fallopian tubes, and uterus. To do this he/she will insert 1 or 2 gloved fingers into your vagina and place their other hand on top of your lower stomach (pelvic area), using a little pressure. You may experience some discomfort or pressure, but this exam should not be painful. If you experience pain, please let your health-care provider know.

This exam is quick, taking only about 5 minutes.



DHHS funds were used for production of this pamphlet

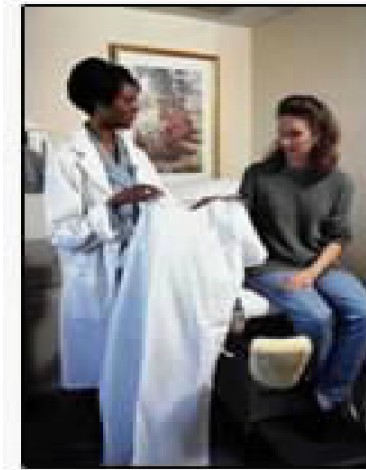
PELVIC EXAM

A pelvic exam is the way your health-care provider checks for problems of your female parts both inside and outside.

You should have this exam performed by 21 years of age or when you have been sexually active. A pelvic exam may need to be performed sooner if:

- You are experiencing pelvic pain
- Vaginal bleeding is longer than normal
- Vaginal discharge has a bad odor and causes itching and burning or
- If you have not had a menstrual cycle by the age of 15.

Your health-care provider will explain the procedure to you before he/she performs the exam. Be sure to ask any questions that you may have.



You will then be asked to put on a gown and lie on the table. A sheet will be given to you to lay over your legs and abdomen. You will be asked to slide down to the bottom of the table, bending your knees and placing your feet in the metal rings or stirrups. You will be asked to let your legs fall to the sides. This is usually the part when most women feel a little uncomfortable. This is normal, but it is important to relax so your vaginal muscles will stay relaxed and help make the process easier.

First, your provider will check the outside of your vagina, looking for any unusual bumps or sores.

If you are having a Pap Test, your health-care provider will perform that now. He/she will gently insert a metal or plastic speculum inside your vagina. You may hear some clicking, but it's okay, the speculum may click when it is put into place. This helps them to see your inside parts better. Your health-care provider may also test for STI's (sexually transmitted infections) at this time.

