

Female Pelvic Exam



THE OHIO STATE UNIVERSITY
WEXNER MEDICAL CENTER

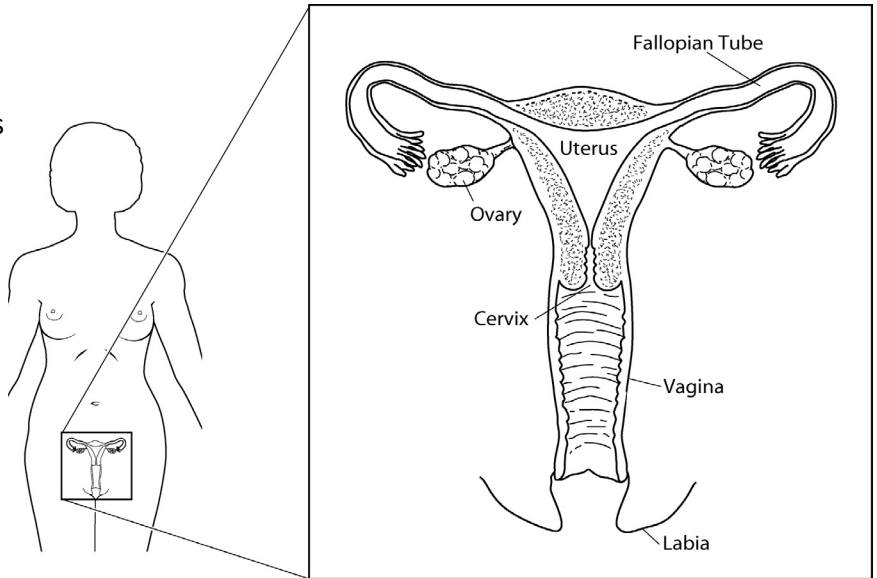
About the exam

This exam is done to check your:

- Vagina
- Cervix - opening into your uterus
- Uterus - also called the womb
- Ovaries

A pelvic exam is not the same as a Pap smear (Pap test). Other tests may be done during this exam, such as a Pap smear or testing for infection.

Reschedule your annual exam if you are having your period.



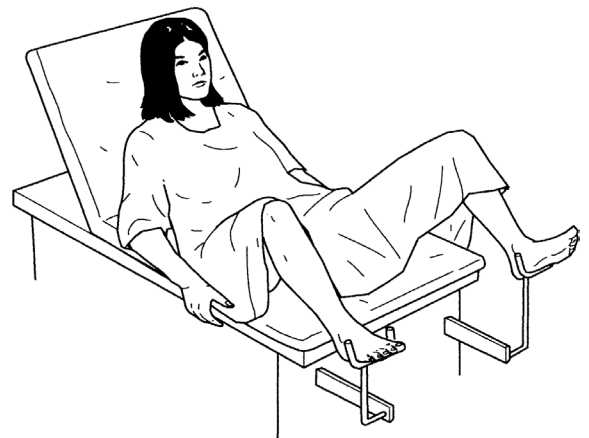
Day before the exam

For 24 hours before you have this exam, you need to **avoid**:

- Having sex.
- Vaginal douches or rinsing your vagina.
- Use of any perfumed sprays or powders around your vagina.

Having the exam

1. Go to the bathroom and empty your bladder before this test.
2. You will be asked to undress from your waist down and will have a paper sheet to cover you.
3. You will be asked to lie down on the exam table and place your feet in holders at the end of the table, called stirrups.
4. Let your knees fall to the sides. Take slow, deep breaths to relax the muscles around your vagina during the exam.
5. Your provider will touch you and look at the skin around your vagina, called the labia, for signs of infection or other problems.



6. A plastic or metal duck-bill shaped tool, called a speculum, will be placed into your vagina to allow the provider to see inside your vagina. If other testing is needed, such as a Pap smear, it will be done while the speculum is in place. The speculum is then removed.
7. Using gloves, your provider will place 2 fingers into your vagina and the other hand will be placed on your lower abdomen to feel the size and shape of your uterus and ovaries.
8. When the exam is done, the provider will remove the gloves and ask you to get dressed.
9. Your provider will review the results of the exam with you. Be sure to ask any questions you may have before the nurse or doctor leaves the exam room.

Talk to your doctor or health care team if you have any questions about your care.

For more health information, contact the Library for Health Information at **614-293-3707** or e-mail **health-info@osu.edu**.