

### Bimanual Rectovaginal Examination:

Reglove and apply lubricant to index and middle fingers

Alert patient that the rectovaginal exam will begin

Place middle finger on anus and ask patient to bear down

Insert middle finger into rectum and index finger into vagina

Repeat the palpation and characterization of the cervix, and other structures from this position

Sweep posterior pelvic wall with rectal finger

Palpate rectovaginal septum between fingers

Remove fingers smoothly

Help patient assume sitting position

### Preparation:

Check all materials and equipment

Wash hands in the presence of the patient

Position patient:

offer pillow

raise table back

drape appropriately

place patient's feet in foot rests

have patient move buttocks to end of table

Adjust the light and drape

Put on gloves

Explain in advance each step of the examination and warn patient when you begin

### External Examination:

Inspect and palpate the mons pubis, labia majora and perineum

Separate the labia and inspect:

labia minora

clitoris

urethral meatus

vaginal opening

Skene's glands

Bartholin's glands

Inspect the anus

Ask patient to bear down to assess for cystocele/rectocele if indicated

### Speculum Examination and Pap Test:

Alert patient that speculum examination is about to begin

Warm and lubricate speculum with water

Insert speculum:

- Hold speculum at 45 degree angle

- Open labia with opposite hand and introduce speculum into vagina avoiding urethral meatus

- Insert blades gently and slowly into the vagina, pointing downward

- Rotate at full insertion so that handle is vertical

- Open speculum slowly, exposing cervix

- Tighten screw to hold in open position

Observe cervical size, color, outer os configuration, noting any erosion, cyst, polyp, tumor, eversion, etc.

Obtain and fix cervical specimens according to manufacturer's recommendations for performing pap smears and handling specimens

Hold blades open and release screw

Withdraw speculum

### Bimanual Pelvic Examination:

Apply lubricant to index and middle fingers of gloved hand

Alert patient that you are about to begin

Introduce index and middle fingers into vagina

Insert both fingers slightly into vagina and turn hand to palm up position

Palpate vaginal rugae and cervix

Starting at the umbilicus, press on outer abdomen with the pads of the fingers of the outside hand and move towards pubis

Palpate uterus between vaginal and abdominal hands

Move vaginal fingers into one lateral fornix

With abdominal hand, attempt to palpate the ovary and parametrial tissues and check for pelvic masses

Repeat on other side

Remove fingers from vagina