**Gynecology Physical Exam Cheat Sheet**

1. Introduction
2. Pronouns
3. Confirm permission to examine
4. Have the client empty their bladder
5. Explain the procedure including positioning based on their abilities
6. Describe your goals for the examination
7. Prepare tools for the examination - size of speculum, sampling tools, overhead light
8. Abdominal exam
* Inspection – contour, size, colour, symmetry, pulsations
* Auscultation – bowel sounds, bruits
* Palpation – light, deep, liver, spleen, masses, lymph nodes
* Percussion – general tympany, liver span, spleen size
* Special Tests – as indicated from history
1. Position the client for vaginal examination
* Client positioned
* Maximum privacy provided
1. Prepare the speculum
2. Consider: Inspection, palpation, visualization, sampling (use PPE)
3. Complete an External Examination
* Labia Majora - check for infindulation, redness, swelling, lesions, ulcers, vesicles, Scars, Trauma
* Labia Minora - present, check for infindulation, redness, swelling, lesions, ulcers, vesicles, scars, trauma
* Clitoris - present, redness, swelling, lesions, ulcers, vesicles, scars, trauma
* Vaginal Opening - normal diameter, discharge, redness, swelling, lesions, ulcers, vesicles, scars, trauma
* Urethra - redness, swelling, trauma
* Reassignment Surgery – present, describe
1. Insert the Speculum
2. Visualize the os
* Cervical os visualization - discharge, redness, lesions, ulcers, growths
* Pap done? Any other tests indicated? (e.g., STI)
1. Remove the speculum
* Visualization of vaginal canal – redness, swelling, lesions, ulcers, vesicles, scars, trauma
1. Prepare client for bimanual exam and reconfirm consent
2. Remove speculum and prepare for bimanual examination
3. Assess for need to change gloves and rinse under water and/or add lubrication.
4. Insert 1 or 2 finders from dominant hand (usually index and middle finger) into vagina with palm facing the inner thigh, then rotate hand so that palm is facing upwards.
5. Locate cervix and place the other hand over the lower abdomen to assess uterine size.
6. Using a bimanual approach locate the uterus between the two hands.
7. Feel for ovaries and adnexa in a similar manner and note any pain or discomfort bilateral with palpation. Uterus palpated and size approximated.
8. Inform client examination is complete
9. Summarize
10. Document