

Vaginal Examination



Instructions - *“Perform a bimanual vaginal examination on this patient”*

1	Washes hands	
2	Introduces themselves & confirms patient details	
3	Explains examination & gains consent	
4	Requests a chaperone	
5	Positions patient appropriately	
6	Inspects the abdomen	
7	Palpates the abdomen	
8	Dons gloves	
9	Inspects the vulva	
10	Lubricates gloved fingers	
11	Warns patient that they are about to insert their fingers into the vagina	
12	Separates labia	
13	Inserts index and middle finger into the vagina	
14	Palpates the walls of the vagina	
15	Palpates the cervix	
16	Palpates the fornices	
17	Bimanually palpates the uterus	
18	Bimanually palpates the adnexa	
19	Withdraws fingers and inspects them for blood or discharge	
20	Disposes of gloves into appropriate bin	
21	Re-covers patient and allows them privacy to get dressed	
22	Washes hands	
23	Thanks patient	
24	Summarises salient findings	
25	Suggests further assessments & investigations	

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