



OSCE Checklist: Speculum Examination

Introduction		
1	Gather equipment	
2	Wash your hands and don PPE if appropriate	
3	Introduce yourself to the patient including your name and role	
4	Confirm the patient's name and date of birth	
5	Explain what the procedure will involve using patient-friendly language	
6	Explain the need for a chaperone	
7	Gain consent to proceed with the clinical procedure	
8	Ask the patient if they have any pain before proceeding with the clinical procedure	
9	Ask the patient to remove their underwear for the procedure and provide them with privacy whilst they get undressed	
Vulval inspection		
10	Don gloves and position the patient in the modified lithotomy position	
11	Inspect the vulva including asking the patient to cough	
Inserting the speculum		
12	Re-check that the patient is happy to continue with the examination	
13	Lubricate the speculum	
14	Use your left hand (index finger and thumb) to separate the labia	
15	Gently insert the speculum sideways (blades closed, angled downwards and backwards)	
16	Once inserted, rotate the speculum back 90° (so that the handle is facing upwards)	
17	Open the speculum blades until an optimal view of the cervix is achieved	
18	Tighten the locking nut to fix the position of the blades	
Visualising the cervix		
19	Inspect the cervix	
Removing the speculum		
20	Loosen the locking nut on the speculum and partially close the blades	
21	Rotate the speculum 90°, back to its original insertion orientation	
22	Gently remove the speculum, inspecting the walls of the vagina as you do so	
23	Re-cover the patient and explain the examination is complete	
24	Dispose of the used equipment into a clinical waste bin	
To complete the examination...		
25	Thank the patient for their time	

26	Dispose of PPE appropriately and wash your hands	
27	Summarise your findings	
28	Suggest further assessments and investigations (e.g. urinalysis, vaginal swabs, ultrasound, complete abdominal examination, HPV testing)	

Read the full guide at
[geekymedics.com](https://www.geekymedics.com)



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