



OSCE Checklist | Bimanual vaginal Examination

Introduction		
1	Wash your hands and don PPE if appropriate	
2	Introduce yourself to the patient including your name and role	
3	Confirm the patient's name and date of birth	
4	Explain what the examination will involve using patient-friendly language	
5	Explain the need for a chaperone	
6	Gain consent to proceed with the examination	
7	Ask the patient if they have any pain before proceeding with the clinical examination	
8	Ask the patient to remove their underwear for the examination and provide them with privacy whilst they get undressed	
Abdominal examination		
9	Perform a brief abdominal examination assessing the nine regions of the abdomen	
Reposition the patient		
10	Re-check consent and that the patient is happy to proceed with the examination	
11	Position the patient in the modified lithotomy position	
Vulval examination		
12	Don gloves and an apron	
13	Expose the patient's external genitalia and ensure there is adequate lighting	
14	Palpate the inguinal lymph nodes to identify lymphadenopathy	
15	Inspect the vulva including asking the patient to cough	
Vaginal examination		
16	Check that the patient is happy to continue with the examination	
17	Perform palpation of the vaginal walls	
18	Perform palpation of the vaginal fornices	
19	Perform palpation of the cervix and assess for cervical motion tenderness	
20	Bimanually palpate the uterus	
21	Bimanually palpate the adnexa	
22	Withdraw fingers and inspect for blood or abnormal discharge	
23	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, speculum examination, vaginal swabs, ultrasound)	

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



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