

**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