

GETTING A PELVIC EXAM

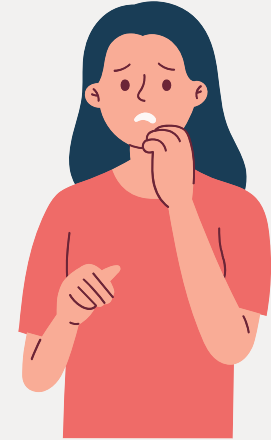
You may need to go to the doctor for a pelvic examination. This usually happens after you turn 21 or when you become sexually active.



A pelvic exam usually lasts 3 to 5 minutes.



It is normal to feel anxious during your exam. It is important to relax to help reduce discomfort.



If you feel anxious, you can try deep breathing, relaxing your muscles, and asking the doctor to explain what they are doing so you know what will happen next.



The doctor will check your female private parts to make sure everything is okay.



When you get to the exam room, you will be asked to undress and put on a hospital gown. Staff will leave the room.



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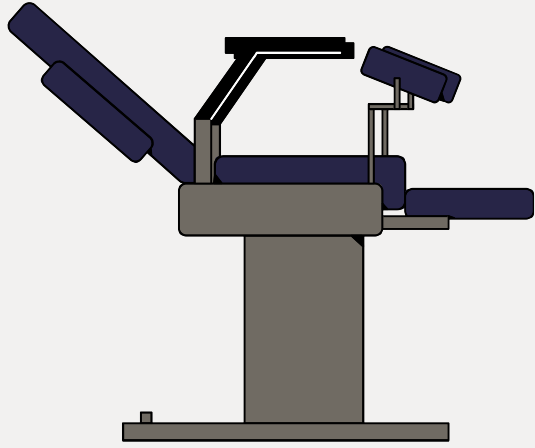
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You will lie down on a table, put your feet on the corners of the table or in stirrups, and spread your knees apart.



You will have a sheet over your lap and legs.



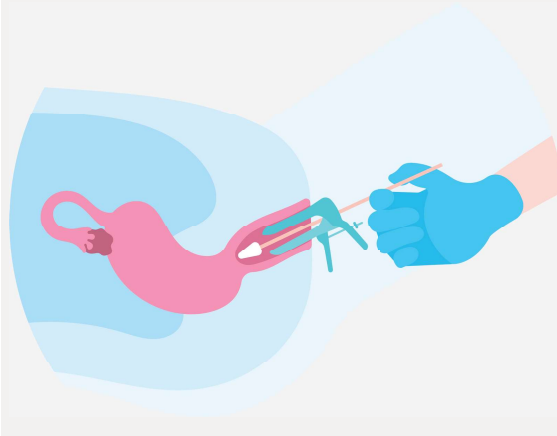
You may feel embarrassed, scared, or anxious. Many women feel this way. It is okay.



The doctor will use a speculum, which opens the vagina. This lets them carefully examine the cervix and vagina.



You may feel some pressure, and the speculum may feel cold, but this is usually not painful.

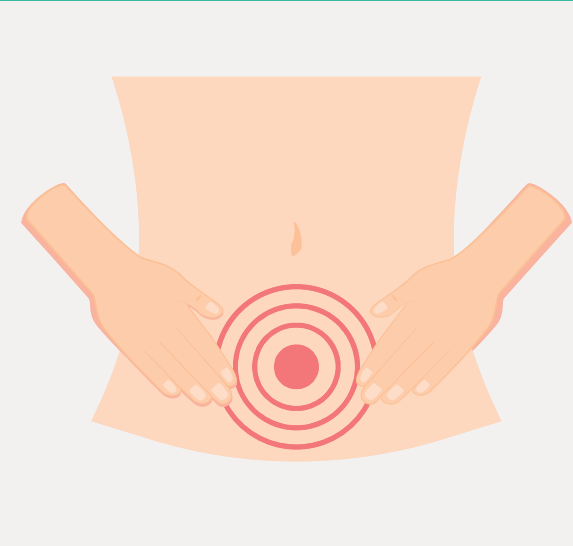


The doctor will insert two gloved fingers into your vagina.

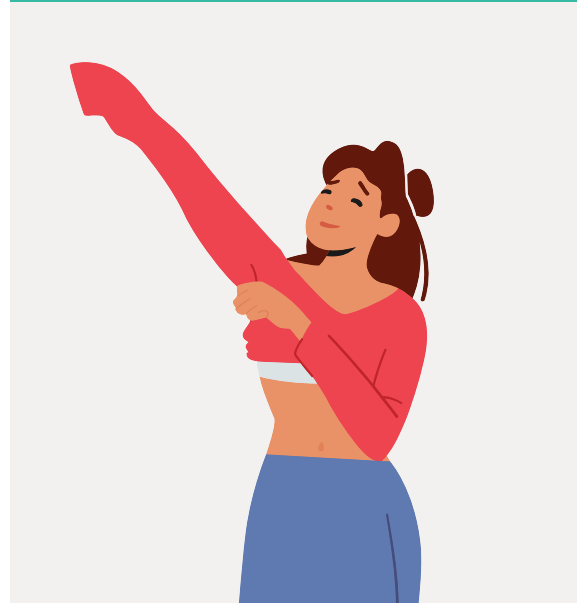


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They will place their other hand on the lower stomach area and press down to feel your uterus and ovaries.



After the exam, you can get dressed.



You may have a small amount of clear or bloody vaginal discharge after the exam. This is normal. You may want to wear a mini pad.

