

First Pelvic Exam

What is it?

- **Pelvic Exam**– is painless and takes about 5 minutes to examine your female organs and check for any gynecological problems
 - **Normal**- to feel embarrassed or uneasy about your first exam, please relay to make all go much easier
 - **When Should I Have my First Pelvic Exam?**- in the first few years after you become sexually active or when you turn 21, whichever comes first; will do a height, weight, breast exam and blood pressure; you will take off all your clothes and put on a gown
- **Avoid**- having sex, using vaginal creams or douche 24 hours before the exam



Reasons for a Pelvic Exam:

- **Symptoms**- unexplained pain in your lower belly or around the pelvic area (where your vagina is); vaginal discharge or wetness on your underwear that causes itching, burns or smells bad; menstrual cramps so bad you miss school; missed periods especially if you are having sex; no menstrual periods by age 15 or 16;

What can I do?

- **Your Health Care Provider**- will be sensitive and gentle and explain the steps to the exam and ask you to lie down on the exam table; you will be given a sheet to put over your stomach and legs, move down to the end of the table and put your legs in the stirrups that hold your feet, with your knees bent, knees fall apart allowing your legs to spread apart
 - **When Making Your Appointment**- let the secretary know that this is your first pelvic exam
 - **Questions for you to answer as a patient**- any allergies, medications you are taking, your age, if you have had sex, sexually abused, vaginal itchiness, unusual discharge or drainage or odor from your vagina, what age your breasts started developing
 - **Menstrual Period**- first period, how long it lasts, how much you bleed, cramps
- **Getting Ready**- you may have a friend, sister, or mom with you if you feel more comfortable, there will be a nurse and a health care provider

