

First Gynecological Exam

What is it?

- **First Gynecological Exam**– should be between ages 13-15, or when you become sexually active, when choosing a health care provider, decide if you want a male or female, family doctor or pediatrician or gynecologist, nurse practitioner or physician assistant, this should be the person's choice not the parent's choice
 - **Pelvic Exam**- if problems with unusual vaginal secretions, missed or painful periods, or other problems with reproductive health
 - **Information**- to receive accurate information, confidential answers to questions about sex, sexuality, menstruation & her changing body
 - **Prevention**- pregnancy prevention, healthy lifestyles, and STDs
 - **Honesty**- be completely honest with the health care professional

What can I do?



- **See your Health Care Provider**- for more information
 - **Treatment**- find out why the problems with missed periods, pain and other reproductive problems are occurring and offer treatment
 - **Questions to ask the Health Care Professional**- are you board certified, how many people will be in the examination room, will the same person examine your daughter each time she comes, experience with first-time parents and teens, approach toward a teen's level of sexual activity
 - **Physical**- height, weight, blood pressure, vital signs, breast exam (to check for lumps, cysts, or breast problems); a breast self-exam
 - **External Examination**- undress, put on an examination gown, pelvis and thighs will be draped with a sheet, lie down on the table with knees bent and spread apart, then place feet in the stirrups, then the health care provider will check the (vulva) external genitalia to make sure there are no swelling, sores or other problems
 - **Internal Examination**- place one hand on the inside of the abdomen & 1-2 fingers inside the vagina to tell the size of the uterus & ovaries to test for STDs & to do a Pap smear; relax by taking slow, deep breaths to relax stomach & muscles; every 3 years or before 21 years
 - **Pap Smear**- cells are gently scraped from the cervix using a wooden or plastic spatula and a small brush; sent to the lab to check for abnormal cell changes and cervical cancer, may recommend the HPV vaccine to protect from genital warts and some forms of cervical cancer that are not covered by the vaccine

