

Pelvic Floor Exam

Patient Information

Full Name: _____

Date of Birth: ____ / ____ / _____

Gender: _____

Patient ID: _____

Contact Number: _____

Email Address: _____

Patient Education:

Assess:	Notes and findings:
<ul style="list-style-type: none">• Explain the purpose and importance of the pelvic floor exam.	
<ul style="list-style-type: none">• Discuss the procedure, addressing any concerns or questions.	

Informed Consent:

<ul style="list-style-type: none">• Obtain written consent, ensuring the patient understands the nature of the exam and any potential discomfort.	
-----------------------------------------------------------------------------------------------------------------------------------------------------------------	--

Pre-Exam Preparation:

<ul style="list-style-type: none">• Advise the patient to empty their bladder before the exam.	
<ul style="list-style-type: none">• Provide clear instructions on clothing choices for ease of examination.	

Private Environment:

<ul style="list-style-type: none">• Ensure a private space for changing into a gown if needed.	
<ul style="list-style-type: none">• Maintain a comfortable and respectful environment for the examination.	

External Examination:

<ul style="list-style-type: none">• Conduct a thorough external examination of the genital and pelvic regions.	
<ul style="list-style-type: none">• Check for abnormalities, swelling, or signs of discomfort.	

Internal Examination:

<ul style="list-style-type: none">• Explain the internal examination process and obtain consent.	
<ul style="list-style-type: none">• Use gloves and lubrication for patient comfort.	

Muscle Tone Assessment:

<ul style="list-style-type: none">• Assess pelvic floor muscle tone, strength, and coordination.	
<ul style="list-style-type: none">• Encourage the patient to perform specific muscle actions for evaluation.	

Communication:

<ul style="list-style-type: none">• Maintain open communication throughout the exam.	
<ul style="list-style-type: none">• Address any discomfort or concerns raised by the patient.	

Speculum Use (if applicable):

<ul style="list-style-type: none">• Explain the purpose of the speculum for visualizing the vaginal canal.	
<ul style="list-style-type: none">• Emphasize the importance of relaxation during its insertion.	

Biofeedback (if applicable):

<ul style="list-style-type: none">• Introduce biofeedback if used for muscle awareness.	
<ul style="list-style-type: none">• Explain the feedback mechanism and its role in pelvic floor health.	

Patient Feedback:

<ul style="list-style-type: none">• Encourage the patient to provide feedback during and after the exam.	
<ul style="list-style-type: none">• Document any symptoms, tenderness, or pain reported by the patient.	

Post-Exam Instructions:

<ul style="list-style-type: none">• Provide any necessary post-exam instructions.	
<ul style="list-style-type: none">• Discuss follow-up steps or additional tests if required.	

Follow-Up Plan:

<ul style="list-style-type: none">• Discuss the results of the exam with the patient.	
<ul style="list-style-type: none">• Collaborate on a treatment plan based on findings and symptoms.	

Patient Comfort:

<ul style="list-style-type: none">• Ensure the patient feels comfortable and supported throughout the process.	
<ul style="list-style-type: none">• Allow the presence of a support person if desired by the patient.	

Documentation:

<ul style="list-style-type: none">• Thoroughly document the exam findings and any recommendations.	
<ul style="list-style-type: none">• Maintain patient confidentiality in record-keeping.	

This checklist serves as a guide for healthcare providers to ensure a systematic and patient-centered approach to pelvic floor examinations.

Physician's Notes and Recommendations

Physician's Signature: _____ **Date:** ____ / ____ / _____