

Women's Pelvic Exam

Patient Information
Full Name:
Date of Birth:
Patient ID:
Contact Number:
Email Address:

Patient Education	
Assess:	Notes and findings:
<input type="checkbox"/> Explain the purpose and importance of the pelvic floor exam.	
<input type="checkbox"/> Discuss the procedure, addressing any concerns or questions.	
Informed Consent	
<input type="checkbox"/> Obtain written consent, ensuring the patient understands the nature of the exam and any potential discomfort.	
Pre-Exam Preparation	
<input type="checkbox"/> Advise the patient to empty their bladder before the exam.	
<input type="checkbox"/> Provide clear instructions on clothing choices for ease of examination.	

Private Environment	
<input type="checkbox"/> Ensure a private space for changing into a gown if needed.	
<input type="checkbox"/> Maintain a comfortable and respectful environment for the examination.	
External Examination	
<input type="checkbox"/> Conduct a thorough external examination of the genital and pelvic regions.	
<input type="checkbox"/> Check for abnormalities, swelling, or signs of discomfort.	
Internal Examination	
<input type="checkbox"/> Explain the internal examination process and obtain consent.	
<input type="checkbox"/> Use gloves and lubrication for patient comfort.	
Muscle Tone Assessment	
<input type="checkbox"/> Assess pelvic floor muscle tone, strength, and coordination.	
<input type="checkbox"/> Encourage the patient to perform specific muscle actions for evaluation.	
Communication	
<input type="checkbox"/> Maintain open communication throughout the exam.	

<input type="checkbox"/> Address any discomfort or concerns raised by the patient.	
Speculum Use (if applicable)	
<input type="checkbox"/> Explain the purpose of the speculum for visualizing the vaginal canal.	
<input type="checkbox"/> Emphasize the importance of relaxation during its insertion.	
Biofeedback (if applicable)	
<input type="checkbox"/> Introduce biofeedback if used for muscle awareness.	
<input type="checkbox"/> Explain the feedback mechanism and its role in pelvic floor health.	
Patient Feedback	
<input type="checkbox"/> Encourage the patient to provide feedback during and after the exam.	
<input type="checkbox"/> Document any symptoms, tenderness, or pain reported by the patient.	
Post-Exam Instructions	
<input type="checkbox"/> Provide any necessary post-exam instructions.	
<input type="checkbox"/> Discuss follow-up steps or additional tests if required.	

Follow-Up Plan	
<input type="checkbox"/> Discuss the results of the exam with the patient.	
<input type="checkbox"/> Collaborate on a treatment plan based on findings and symptoms.	
Patient Comfort	
<input type="checkbox"/> Ensure the patient feels comfortable and supported throughout the process.	
<input type="checkbox"/> Allow the presence of a support person if desired by the patient.	
Documentation	
<input type="checkbox"/> Thoroughly document the exam findings and any recommendations.	
<input type="checkbox"/> 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: