



Internal examination and Pap smear

Equipment

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Procedure

0	Prepare the inspector, i.e. prepare tools, take off the watch, ring, put on gloves, ask for help in the examination.
1	Introduce yourself to prepare the patient, i.e. explain the benefits of doing urinating before examination, lithotomy position
2	Examine the external genitalia, including mons pubis, labia majora labia minora urethra and Bartholin gland. cystocele or not
3	Speculum exam: Choose the right speculum size. Use your left hand to cross the labia minora. Insert the speculum at a 45-degree angle and insert it into the vagina behind your back.
4	pap smear: write the examinee's name on the slide, use Ayre's spatula to label the Transformation zone and use a cotton swab around the endocervix
5	slide labels in the correct order Have the patient soak the slides in 95% alcohol for 30 minutes, then dry them before testing.
6	Remove the speculum by closing it first and then slowly gently pull out
7	Perform bimanual examination, including cervical examination, cervical motion tenderness, Uterus size, adnexa lump, cul de sac, rectovaginal exam in case of suspicion of cervical cancer
8	Notify the patient's results after the examination is complete. Make an appointment to hear the results of the Pap smear test or inform that it will be sent by post.

