

Checklist for performing a speculum and smear examination

Preparing the patient

- Introduce yourself
- Explain the procedure, ask whether they have ever had a speculum performed before (previous experience can make the difference between this 'experience' a good or bad one for both of you!)
- Explain that it will be uncomfortable but should not be painful and to tell you if it hurts too much and you will stop
- Gain informed consent
- Ask if they would like a chaperone present, tell them you will be getting a chaperone
- Ask her to empty her bladder if she needs to and remove any sanitary protection she might be wearing
- Whilst you leave the room to get your chaperone ask her to undress from the waist down, explain that you need them to be in the supine position with her feet facing each other brought as close to her bottom as she can manage and to let her legs 'flop' apart and to cover herself up with the modesty sheet provided

Ensure all equipment that you need is to hand and in good working order

- Gloves, Speculum (warmed), lubricating jelly, examination couch and modesty sheet, good lighting
- **Wash your hands!!!**
- Expose the patient and put on your gloves.

Inspection of the perineum

- Abnormal hair distribution
- Vulval skin (e.g. psoriasis, eczema)
- Perineal scars/tears
- Evidence of discharge, prolapse, ulcers, warts