



**DR. SERENA
HEALTHCARE**
WHOLE LIFE MEDICINE

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Pelvic Floor & Vulvar Exam: What To Expect

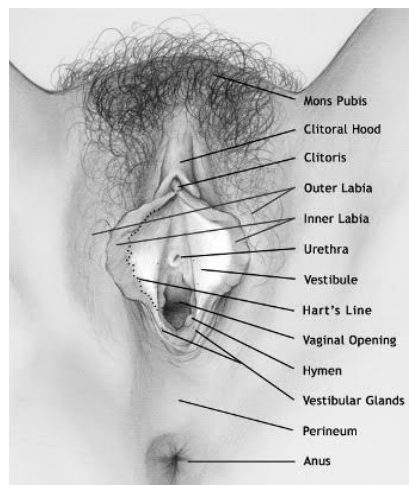
A detailed pelvic floor and vulvar examination is an important part of medical evaluation for painful sex, vaginal burning or dryness, vulvar discomfort, or pelvic pain.

After a detailed conversation with Dr Serena about your symptoms, you will be asked to disrobe from the waist down, and a paper drape will be provided for you. Dr Serena will leave the room and return once you are comfortable on the exam table. You will place your feet on a platform instead of stirrups.

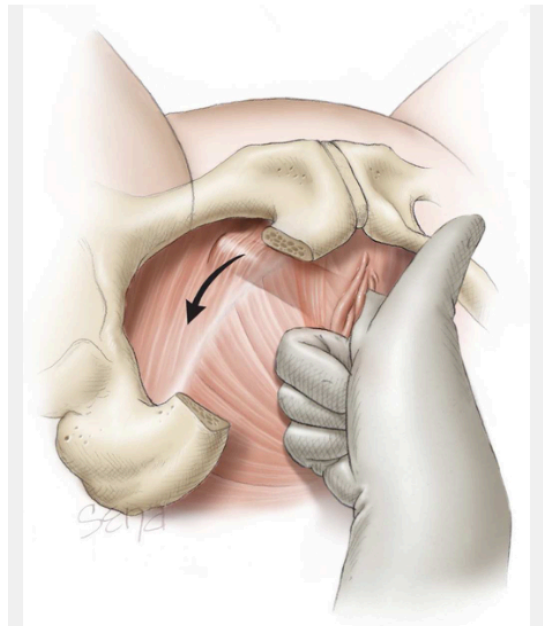
Dr Serena does not work with a nurse in the office and will conduct your pelvic exam with just you and her in the room. If you would be more comfortable having a chaperone or anticipate being highly anxious during your exam, please consider bringing a trusted friend, partner, or family member with you.

If you have known triggers from previous medical exams or other concerns about being examined, please let Dr Serena know before your exam begins.

Dr Serena may provide you with a hand mirror to observe your vulvar tissues with her. She will examine your vulvar tissue with a bright light to look for any rashes or skin changes, and use a Q tip to apply gentle pressure to different points on the vulva to determine if there is pain or sensitivity.



Dr Serena will then insert a finger into the vaginal canal and apply pressure to multiple points inside the vaginal canal to assess for pelvic floor muscle tightness, weakness, or pain.



She may do a vaginal pH test which involves applying pH paper to the vaginal tissue. If a vaginal culture is indicated, she will insert a swab into the vagina.

A speculum is not usually needed for vulvar and pelvic floor examination, but if it is, Dr Serena will warm the speculum, and insert it gently with lubricant so it is as comfortable as possible.

Dr Serena may also examine your abdomen and put pressure on your belly if you are having pain there.

A detailed pelvic and vulvar exam typically will take anywhere from 5 - 10 minutes. You may feel a little discomfort, especially where you are having tenderness in your muscles or vulva, but you should not feel pain otherwise during your exam. When completed, you will then be asked to redress, and Dr Serena will discuss the findings of your exam with you in detail.