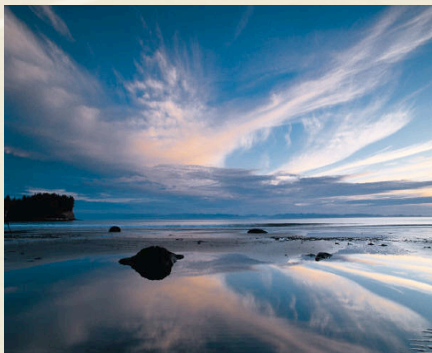


This document was created by a medical student enrolled in the Rural Physicians Associate Program (RPAP) at the University of Minnesota Medical School as part of the course project. The aim of the project is to present information on a medical topic in the format of a patient education handout. It does not necessarily reflect the views of the University of Minnesota Medical School physicians and faculty. These materials are provided for informational purposes only and are in no way intended to take the place of the advice and recommendations of your personal health care provider. The information provided may no longer be up-to-date since it has not been reviewed since the date of creation. The information provided should not be used to diagnose a health problem or disease, or as a means of determining treatment. In the event of a medical emergency, immediately contact a doctor or call 911.

Finding a mass during the exam can be a finding that is normal and harmless. For example, a bump may be felt on exam from a cyst that can occur after a period.

Other times, females may have symptoms such as feeling full right away while eating or a feeling of being bloated. These may be signs of ovarian cancer, and a mass may be present as well.

This is why it is important to examine the female organs.



A proper exam of the female organs is an important part of a woman's health care visit.

Physicians may perform a bimanual or speculum exams at each yearly visit. They may also use the TVUS as another way to look at the organs.

Remember to tell your doctor about signs or symptoms you may be having at your visit to help guide the doctor in which tests to use.

For more information:

<http://women.webmd.com/guide/pelvic-examination>

<http://www.nlm.nih.gov/medlineplus/ency/article/003779.htm>

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THE BIMANUAL EXAM

Pelvic examinations are an important part of a woman's health.

Exams are performed in the clinic to look at the female reproductive organs.

There are many parts to the pelvic examine that can include looking with the use of a speculum, feeling with the hands, and possibly taking samples.



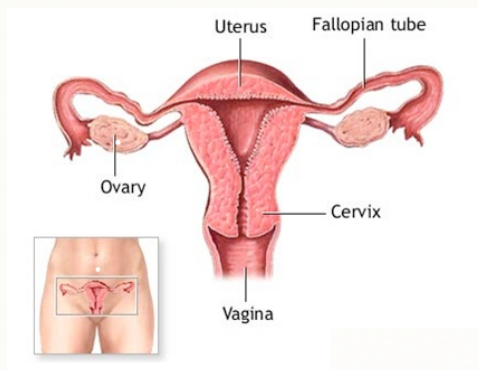
Georgia O'Keeffe

BIMANUAL EXAM

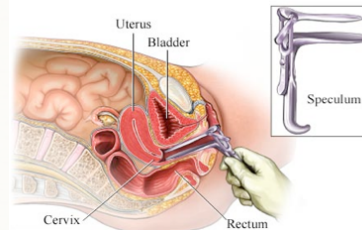
The Bimanual Exam is most often done at annual visits. It gives the physician the chance to feel for normal and abnormal findings. However, this exam may not be the best for finding changes that are small in size. For example, some masses are too small to feel until they reach a certain size. Other tests such as a Transvaginal Ultrasound (TVUS) are can be used and is better at seeing a mass and measuring the size of the mass.

A physician will take the time to ask questions about: age, medical history, family history, risk factors, and any symptoms to decide which exam(s) if any, would be best.

ORGAN	JOB OF ORGAN
Vagina	Path for menstrual flow. Female organ for sex. Passageway for fetus during vaginal birth.
Uterus	Provides home and food while baby is growing inside the mother.
Fallopian Tubes	Provides a path for eggs to travel from the ovary to the uterus
Ovaries	Gland that secretes hormones. Holds the female eggs during reproductive years.



SPECULUM EXAM



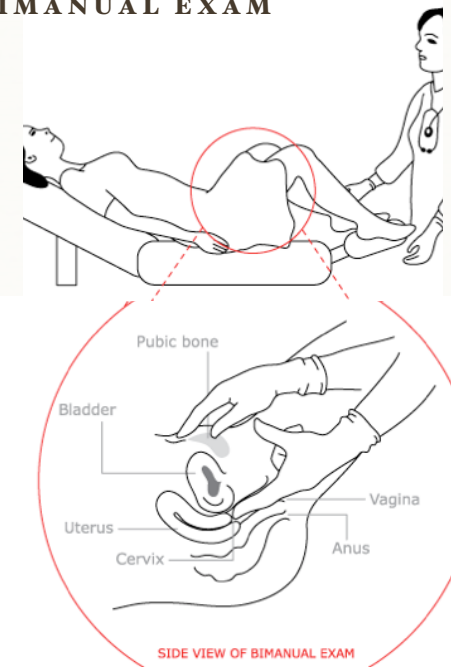
The speculum is used as part of the pelvic exam to help the physician see the cervix.

TRANSVAGINAL ULTRASOUND



The TVUS enables doctors to see the reproductive organs inside the body. The TVUS is performed with a cover over the patient's legs and pelvic area so the patient is covered.

BIMANUAL EXAM



The Bimanual Exam helps the physician to feel the uterus and the ovaries. The bimanual exam is part of the pelvic exam in which the physician places two fingers into the vagina and the other hand on top of the abdomen to examine the uterus and ovaries to make sure they are normal.