



The Center for Women

Obstetrics & Gynecology

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Gynecological Visit – First Time

All women should take care of their bodies by making good choices for your routine health care. They should choose a gynecologist they are comfortable with. A gynecologist is a physician that has been specifically trained in women's health.

The first gynecological visit should be between the ages of 13 and 15 years of age. You must be completely open and honest on all conversations with your gynecologist to ensure you receive the most adequate care. Confidentiality concerns should be discussed with your doctor for your comfort.

The most common things to expect on your **first visit** would be:

- Lots of questions about your social history including your family and friends
- Personal questions about you, including menstrual cycle and sexual activities
- General physical exam
- Breast exam
- Pelvic exam (manual exam of the reproductive organs)
- PAP test (microscopic test to determine if there are cancer cells)
- Possible vaccinations

If you prefer, a family or friend can attend the exam portions.

The **general physical exam** will consist of getting your blood pressure, height and weight.

The **breast exam** will be checking your breast for growth and possible problems. This will be done by hands-on examination of moving his/her fingers around the breast in a set pattern. He/she will then explain how to do this so you can perform monthly exams your self.

The **pelvic exam** may or may not happen on your first visit. The pelvic exam will depend on your social lifestyle involving sexual activity or if there are any gynecological problems you are experiencing. If you get a pelvic exam, you will have to be undressed from the waist down and wear an exam skirt. Lying on the exam table with your feet in the foot rests the clinician will:

- look at the vulva (external female genital area)
- complete an internal organs check (the clinician will have a hand on your tummy and a finger in the vagina to determine the placement and size of your pelvic organs and so see if there are any abnormalities)
- view the vagina with a speculum (instrument used to open the walls of the vagina for better viewing and specimen collection). The vagina is the tube like area between the uterus and the vulva area.
- and possibly a rectal exam

While looking at the vagina, the clinician may take few cells to check for any sexually transmitted diseases. Then the physician will perform a PAP test if you have been sexually active. The cells that are removed from the cervix

(the lower end of the uterus) are sent to an outside laboratory to check for cancer cells. Neither of these tests that remove the cells are invasive. The cells are removed with either a brush or swab.

Your childhood vaccinations should be up-to-date at all times. There is now a vaccination that will assist in protecting women against some Human Papillomavirus' (HPV) that are cancer causing. This office offers Gardasil in a series of 3 vaccinations.

Some of the **issues you may want to discuss with your physician on your visit** would be:

- Cramps/Pain in lower abdomen
- Menstrual problems such as severe cramps, clotting, spotting, heavy bleeding, irregular periods, etc.
- Vaginal issues such as burning, swelling, itching, irregular bleeding or a discharge
- Hematuria which is blood in your urine
- Acne or excessive break outs
- Weight and exercise
- Sexual activities/Sexually transmitted diseases (STD)
- Birth control (oral, condoms, IUDs, foams, etc.) which is the prevention of pregnancy
- Emotions/Hormonal Imbalance
- HPV Vaccination

Your physician can tell you the normality involving these issues and assist you in understanding why you may have some of your concerns. You need to know how to react to these issues to conduct a healthy lifestyle.

It is very important to have annual check ups with your gynecologist to keep a check on your health and body. You can assist with being healthy by maintaining a health diet & weight, exercising, seek counseling on issues that bother you, utilize protection during sex for birth control and STD's and finally by avoiding the peer pressure or use of alcohol, drugs or smoking.