# Pelvic Bimanual and Speculum Examination Checklist

<table>
<thead>
<tr>
<th>Service Provider’s Observations</th>
<th>No</th>
<th>Yes</th>
<th>Service Provider’s Instructions</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Look for the following abnormalities:</strong></td>
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<td>If the response is “Yes,” follow these instructions:</td>
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<tr>
<td>1. Is there marked tenderness of cervix, uterus, or adnexal area?</td>
<td></td>
<td></td>
<td><strong>Do not insert an IUD.</strong> This suggests PID or cervicitis. Evaluate/treat for PID and advise client on condom use.</td>
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<td>2. Is the cervix immobile, or is there a palpable mass or ulcer?</td>
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<td></td>
<td><strong>Do not insert an IUD.</strong> These abnormalities may indicate a tumor or, rarely, cervical cancer. Refer for further evaluation.</td>
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<tr>
<td>3. Is the uterus enlarged, soft and smooth?</td>
<td></td>
<td></td>
<td><strong>Do not insert an IUD.</strong> IF the woman has also missed a period, she is likely to be pregnant. If you are certain she is not pregnant, an IUD may be inserted.</td>
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<td>4. Is the uterus enlarged, firm, and/or irregular?</td>
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<td></td>
<td><strong>Do not insert an IUD.</strong> This may indicate uterine fibroids, which can change the shape of the uterine cavity. Attempt to insert the IUD only if you are experienced; otherwise, help her to choose another method or refer and provide a backup method.</td>
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<tr>
<td>5. Is there a palpable mass in the adnexal area?</td>
<td></td>
<td></td>
<td><strong>Do not insert an IUD.</strong> This may indicate PID or a tumor of the ovary or tube. Help the client make an informed choice of another nonhormonal method until the problem is solved. Make appropriate referral.</td>
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<td>6. Are you unable to determine the position of the uterus?</td>
<td></td>
<td></td>
<td><strong>Do not insert an IUD.</strong> If you are unsure of the position of the uterus after bimanual palpation, seek consultation or refer for further evaluation.</td>
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<tr>
<td>7. Are there ulcers, lesions, or sores on the vulva, vagina, or cervix?</td>
<td></td>
<td></td>
<td><strong>Do not insert an IUD</strong> Although ulcerative STIs are not a contraindication for initiating IUDs, co-infection with gonorrhea and Chlamydia should be ruled out prior to insertion.</td>
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<tr>
<td>8. Is there discharge from the cervical canal?</td>
<td></td>
<td></td>
<td><strong>Do not insert an IUD.</strong> This suggests cervicitis. Diagnose and treat cervicitis. Help client make an informed choice of another method. Encourage her to use condoms to protect against STIs, including HIV.</td>
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<tr>
<td>9. Is there bleeding on contact with the cervix?</td>
<td></td>
<td></td>
<td><strong>Do not insert an IUD.</strong> This suggests severe cervicitis or cervical cancer. Help client make an informed choice of another method. Refer if necessary for further evaluation.</td>
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