

## Pelvic Bimanual and Speculum Examination Checklist

Service Provider's Observations	No	Yes	Service Provider's Instructions
<b>Look for the following abnormalities:</b>			<b>If the response is "Yes," follow these instructions:</b>
1. Is there marked tenderness of cervix, uterus, or adnexal area?			<b>Do not insert an IUD.</b> This suggests PID or cervicitis. Evaluate/treat for PID and advise client on condom use.
2. Is the cervix immobile, or is there a palpable mass or ulcer?			<b>Do not insert an IUD.</b> These abnormalities may indicate a tumor or, rarely, cervical cancer. Refer for further evaluation.
3. Is the uterus enlarged, soft and smooth?			<b>Do not insert an IUD.</b> 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.
4. Is the uterus enlarged, firm, and/or irregular?			<b>Do not insert an IUD.</b> 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.
5. Is there a palpable mass in the adnexal area?			<b>Do not insert an IUD.</b> 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.
6. Are you unable to determine the position of the uterus?			<b>Do not insert an IUD.</b> If you are unsure of the position of the uterus after bimanual palpation, seek consultation or refer for further evaluation.
7. Are there ulcers, lesions, or sores on the vulva, vagina, or cervix?			<b>Do not insert an IUD.</b> Although ulcerative STIs are not a contraindication for initiating IUDs, co-infection with gonorrhea and Chlamydia should be ruled out prior to insertion.
8. Is there discharge from the cervical canal?			<b>Do not insert an IUD.</b> 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.
9. Is there bleeding on contact with the cervix?			<b>Do not insert an IUD.</b> This suggests severe cervicitis or cervical cancer. Help client make an informed choice of another method. Refer if necessary for further evaluation.

*Adapted from: Solter, Cathy. Intrauterine Devices (IUDs) Participant's Guide, Second Edition. Watertown, MA; Pathfinder International. 2008.*