

Section: Division of Nursing
Approval: _____

* **PROCEDURE** *

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HACKETTSTOWN COMMUNITY HOSPITAL

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MATERNAL SERVICES
(Scope)

TITLE: VAGINAL EXAMINATION

PURPOSE: To outline procedure to determine dilatation and effacement of cervix; to determine presentation and situation of presenting part.

EQUIPMENT:
1. Sterile gloves
2. Sterile Surgilube or Betadine Surgical Solution

CONTENT: **PROCEDURE STEPS:**

1. Explain procedure to patient. Encourage to relax as much as possible.
2. Position patient on clean underpad.
3. If perineal area needs cleaning, wash area as needed.
4. Open Surgilube packet, if using. Put on sterile gloves. Lubricate with Surgilube or Betadine and gently insert index and middle finger into vaginal canal to determine dilatation, effacement and station.
5. When dilatation and effacement of cervix, presentation of presenting part and station have been determined, withdraw gloved fingers and discard gloves.
6. Using underpad that is under patient, wipe her off and put a clean Chux under her buttocks.

KEY POINTS:

*Vaginal exam is contraindicated with unexplained vaginal bleeding or with premature rupture of membranes. Maintain sterility for all vaginal examinations. Keep vaginal exams to a minimum. Suggest patient empty bladder when able, prior to exam.

Position patient on her back with head slightly elevated.

Make sure material from outside vagina is not introduced into vaginal canal. Explain to patient that she may feel some pressure as examination is being done.

Betadine solution is considered the lubricant of choice in some circumstances, as with ruptured membranes. This is per medical provider's choice.

Give information to patient in simple words of her progress.

Chart information in CPN system.

Reference: AWHONN Perinatal Nursing, Kathleen Rice Simpson and Patricia A. Creehan, 2001, p. 309