ANNUAL EXAMS
Annual gynecological exams at the Women’s Clinic include blood pressure weight measurement, and a physical exam of the abdomen, breasts, heart, lungs, lymph nodes, thyroid gland and a pelvic exam.

THE PELVIC EXAM
The pelvic exam is one of the most important female health measures and it should not be confused with the Pap Test. A pelvic exam is part of any yearly routine annual exam even if a Pap test is not necessary. During your exam your practitioner will palpate (check) your external genital area, vaginal walls, cervix, uterus, ovaries, and sometimes the rectum. The pelvic exam might feel slightly uncomfortable, but should not be painful.

If you have never been sexually active and do not use tampons, the exam can be modified.