

Patient Information:**Women's Clinic Services****Gynecology**

PROVIDING:

- Pelvic Examinations
- Pap Tests
- Breast Exams
- Urinalysis
- STD Tests and Treatments
- Treatment of Gynecological Problems
- Contraceptive Information
- Contraceptive Prescriptions
- "Morning After" Pill
- Pregnancy Testing and Counseling
- Referrals to Outside Specialists
- Post Surgery Checkups

YEARLY PELVIC EXAM AND PAP TEST

Annual gynecological exams at the Women's Clinic include: blood pressure and weight check, a breast exam, a gonorrhea and chlamydia screening (STD test), a Pap Test, a pelvic exam, and a physical exam including heart, lungs, lymph nodes, abdomen and thyroid gland.

PREPARING FOR THE EXAM

Make an appointment with the *Women's Clinic* for a time when you will be in the middle of your menstrual cycle (unless you bleed when you ovulate). Don't put anything in the vagina for 3 to 4 days before your appointment—no douches, tampons, medications, spermicides, diaphragms, fingers, intercourse, or oral sex. Any foreign cells or outside products can interfere with the Pap Test and STD Tests. If you bleed or realize that it has not been 3 to 4 days since something was in your vagina, call the *Women's Clinic* and change your appointment.

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 exam even if a Pap Test is not necessary. During your exam your practitioner will palpate

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(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 experience pain or tenderness, let your practitioner know immediately.

PAP TEST AND STD TESTS

At some point during your exam, your practitioner will gently insert a speculum into your vagina and carefully spread your vaginal walls. This procedure exposes the cervix and allows your practitioner to take a sample of your cervical cells. The Pap Test detects changes in cervical cells that might suggest a precancerous condition. If your Pap Test is abnormal, it does not mean that you have cervical cancer. The Human Papilloma Virus is responsible for almost all cellular changes found on a Pap Test. Please refer to other resources on HPV and vaccine information that may prevent such changes. Your practitioner will discuss the meaning of any abnormal Pap Test results with you.

Your practitioner will also take a sample of your cervical secretions to be tested for gonorrhea and chlamydia. These tests are extremely important because most women with gonorrhea or chlamydia don't show any outward symptoms. If not diagnosed and treated, these infections can lead to permanent sterility and long-term reproductive problems.

TALKING TO YOUR PRACTITIONER

It is extremely important that you feel comfortable talking to your practitioner about sexuality and reproductive health. If something is on your mind, mention it to your practitioner. SHC practitioners regularly help women with all types of sexuality and reproductive health issues. Although it may be difficult at first, expressing your concerns and problems to your practitioner will improve your care and your experiences at the *Women's Clinic*.

Women's Clinic Services

Obtaining Prescription Contraception from the Women's Clinic

STEP 1. Complete one of the SHC Contraception Classes*

If you want prescription contraception from the *Women's Clinic*, we require that you complete either **OPTION A** or **OPTION B** (See definitions within the "Online Women's Clinic Health Course Options" section of this brochure). No exceptions are granted. This is an important part of your care at the *Women's Clinic*. During the class you will learn about *Women's Clinic* services and policies, find out about the latest contraceptive methods available at SHC, and gain information which will allow you to make informed decisions about your reproductive health.

STEP 2. Call and make an appointment

AFTER you have completed Option **A** or **B** call the Women's Clinic (231-6569) and make an appointment for your exam.

STEP 3. See your practitioner

Try to arrive 10-15 minutes before the start of your appointment. When you arrive at SHC, check in at the *Women's Clinic*.

STEP 4. Have your prescription filled

If you are getting prescription contraception, your practitioner will probably write your prescription during your appointment. Most likely, he or she will select a contraceptive that we stock in our pharmacy. Oral contraceptives are not free at SHC, but they are often less expensive than those at outside pharmacies. The pharmacy will bill you for your contraceptives through "Accounts Receivable" from the Bursar's office located in the Student Services Building. Your bill will be marked "Pharmacy Charge."

OR

Let us know if you wish to pay for the services or prescriptions on the day of your appointment. We currently accept cash or check.

*WOMEN'S CLINIC HEALTH COURSE OPTIONS:

OPTION A - Online Class:

The Online Women's Clinic Health Course is available at www.healthcenter.vt.edu/contraclass.htm.

OPTION B - In-Person Consultation:

This option may be most appropriate for women who do not have extensive experience using contraceptives, or those who simply prefer to attend an in-person educational consult with a health professional. If you would prefer this option, see www.healthcenter.vt.edu/contraclass.htm for information about scheduling an appointment with a health educator. This in-person consult on reproductive health & contraceptive options can be made for an individual, couple, or a small group and will cover the same information as the on-line class. This appointment will take about the same amount of time as the online class.

Important Numbers

Women's Clinic	231-6569
Health Ed Office	231-3070
Pharmacy	231-8103
Billing Questions	231-6608

Women's Clinic Services Frequently Asked Questions

Can I transfer my outside Oral Contraceptive prescription to the SHC pharmacy?

Yes. You might want to consider this option if you still have some refills left on your current prescription. Our oral contraceptives are usually much less expensive than outside pharmacies. You need to either bring your prescription to the pharmacy, or your non-SHC health care provider can call the prescription into the *SHC Pharmacy* (540-231-8103). The pharmacy will fill the prescription if we stock the contraceptive. Check www.healthcenter.vt.edu/ocstocks.htm for a list of the available contraceptives.

How long should I wait before I get a Pregnancy Test?

The earliest that a SHC Pregnancy Test can detect pregnancy is 10 days after conception. This means that you must wait at least 10 days after your last intercourse to come in for the test, unless you have missed a period whereby you should come in immediately.

You must submit your first "urine specimen" of the morning so do not urinate before coming to SHC. If this is not possible, you may come to the *Women's Clinic* for a specimen cup the day before and collect the specimen at home the next morning. The fee for the Pregnancy Test is covered by the "health fee" that you pay with your tuition.

What Women's Clinic related products does the SHC Pharmacy stock?

The *SHC Pharmacy* stocks the following products which are often used by patients of the *Women's Clinic*. Please note that most of these products have a modest fee.

- Oral Contraceptives
- Depo-Provera
- Condoms
- "Morning After" pills
- Nuva Ring
- Vaginitis Treatments
- Yeast Infection Treatments
- Spermicides
- Herpes Medications
- Antibiotics (several types)

How does the Women's Clinic notify me of my test results?

The *Women's Clinic* will call you if any of your **STD tests** are POSITIVE or if the Pap Test is abnormal.

How do I pay for Women's Clinic Services?

All SHC charges are sent weekly to "Accounts Receivable" in the Student Services Building for monthly processing and billing. Depending on which services you receive, your bill will be marked "pharmacy charge" or "medical clinic charge."

OR

Let us know if you wish to pay for services or prescriptions on the day of your appointment. We currently accept Hokie Passport, cash or check. No record of the transaction will appear on your student account.