

Information Leaflet

Vaginal Examination, Speculum Examination and Chaperone

This leaflet provides important information about vaginal and speculum examinations. We want you to feel informed, safe and comfortable throughout the process.

Vaginal Examination

A vaginal examination may be recommended to assess the health of your vagina and other pelvic organs. It involves a doctor or nurse gently examining the vagina using gloved hands. This may be done to check for any concerns such as discomfort, infection or to assess progress in labour.

Speculum Examination

A speculum is a small device inserted into the vagina to allow the healthcare professional to examine the cervix. This may be performed to investigate symptoms, to carry out cervical screening, or to take swabs. Swabs may be used to test for infections, to check for early signs of labour, or for evidence your waters have broken in pregnancy. The procedure may feel unusual but should not be painful.

Chaperone

You are entitled to have a trained chaperone present during your examination. A chaperone provides reassurance, support and ensures professional standards are maintained.

You are in control

Your comfort and dignity are our priority. The examination will be explained to you before it begins. You can ask questions at any stage. If you feel uncomfortable, you can ask for the examination to be paused or stopped at any time.

If you have any concerns, please speak to your healthcare professional.