

# Internal (Vaginal) Examinations and Physiotherapy

Information for patients

---

## Introduction

Urine incontinence, vaginal prolapse and some pelvic pains can be caused by weak or over active pelvic floor muscles. An internal or vaginal examination can determine muscle strength and areas of pain. The examination allows us to accurately discuss your treatment options.

## What to expect

- Your examination will be done by a female physiotherapist
- You may have a chaperone present if you wish
- You will need to remove your lower clothing including underwear
- You will be asked to lie on the couch and be covered with a towel
- The physiotherapist will explain what she is doing at all times
- You will be asked to tighten and relax your pelvic floor muscles several times to allow correct assessment
- Staff will wear gloves
- A speculum will not be used for this examination
- You may, and are encouraged to ask questions at any time
- **You may refuse an internal examination or ask for it to be stopped at any time.**

## You should not be examined if:

- You are pregnant and have had a history of miscarriages, or have been advised to refrain from intercourse or have had a recent bleeding
- You have inflammation or infection of the vulva/vagina or a bladder infection
- You have had pelvic surgery in the last 3 months.

## Are you allergic to latex?

- If so, please inform your physiotherapist.

Your physiotherapist will now check with you if you are happy to consent to an internal examination.

