

A Patient Guide to Sensitive Health Exams

Before Examination:

Your provider will-

- explain what the exam consists of,
- ask questions regarding your general, mental, and sexual health,
- provide educational information,
- and answer any questions you may have.

- A sensitive examination or procedure includes the physical examination of or a procedure involving the genitalia, rectum, or female breast.
- A SHC trained chaperone will be available*

During Examination:

After Examination:

- Ask any follow-up questions
- Make plans for your next appointment
- Request any additional education

You are in charge during the examination, and **you have the right to stop the exam at any time**, as well as the right to opt-out of having a chaperone*.

Sensitive Examinations at the Student Health Center:

CLINICAL BREAST EXAM (CBE):

for general screening or if you have breast symptoms such as pain, rashes, or lumps. This exam may include a **visual** and **manual** assessment.

PELVIC EXAM

can include **visual inspection** and **speculum exam** to collect cells for a pap test (beginning at age 21) and to test for STIs or yeast infection. A **bimanual exam** may also be performed to assess the uterus and ovaries.

UROGENITAL EXAMS (SENSITIVE EXAMS OF THE PENIS AND SCROTUM)

urogenital exams may be performed to check for hernia and assess genital pain, swelling, discharge, sores, or other unusual symptoms.

RECTAL EXAMS

to diagnose symptoms of the abdomen and pelvis such as abdominal pain, blood in the stool, hemorrhoids, and sores or lesions.

