

Sample Script:

A Self-Guided History of Sexual Pain

by Vaginismus.com

To assist women in obtaining reliable diagnosis for their sexual pain, the following sample script includes helpful tips to prepare for a physician visit. The script provides examples related to the vaginismus condition, however, it can be easily modified to help communicate the details of any sexual or pelvic pain problem:

1. Introduce the Problem

"I have been having problems with pain during sex and hope you will be able to help me."

2. Provide a Description of the Pain (Be Specific)

It happens when... *"my husband tries insert his penis in my vagina" or "once he is inside and starts to move, I feel burning and tighten up," etc.*

The pain is located... *"at the entrance to my vagina. My vagina is like a wall; he just cannot get it in" or "after he is inside I feel burning around the penis just inside the entrance," etc.*

The pain lasts... *"as long as he keeps trying, especially if we try forcing it in. Once he stops, there's no pain."*

This has been happening since... *"our honeymoon two years ago and it's continued to happen every time we try to have sex" (primary vaginismus) or "my hysterectomy eight months ago" (secondary vaginismus), etc.*

[Note: Inform your doctor if you have been able to previously have sexual intercourse without pain.]

It feels like... *"burning" ... "stinging" ... "like he's hitting a wall" ... "tightness during/on entry," etc.*

I have tried to reduce or eliminate the pain by... *"using lubricant, changing sexual positions and relaxing more."*

I am able/unable to... *"insert a tampon or complete a gynecological exam."*

3. Mention Any Past Problems

Have you previously had any sexually transmitted diseases, yeast infections, bladder problems, or any pelvic pain outside of penetration?

4. Mention Any Past Sexual Abuse

5. State What You Think the Problem Is

"I think it may be vaginismus. My symptoms are similar to those outlined in an article I read. However, I've read there are other things that can cause pain during sex and would like to have them ruled out."