

## ALGORITHM

### “Bimanual examination”

1. **Preparation:** urinary bladder should be emptied.
2. **Introduction:** introduce yourself, confirm the patient's details (name, date of birth), explain the procedure, and ask permission to perform it.
3. **Position:** Supine position with head elevated 30 to 45 degrees, legs flexed on abdomen, feet in stirrups, thighs apart. Patient must be appropriately gowned and draped.
4. Wash hands, put on sterile gloves.
5. **Examination:**
  - 5.1. Apply a small amount of lubricant onto index and middle fingers of dominant hand.
  - 5.2. Separate the labia majora by index finger and thumb of non-dominant hand.
  - 5.3. Gently insert middle finger into the vagina pressing the posterior vaginal wall, and insert index finger full length into vagina. Enter with the palm facing sideways, then rotate so the palm is facing upwards. Palpate vagina and cervix.
  - 5.4. Place fingers in the posterior fornix to lift the uterus whilst simultaneously pushing the fundus down by placing the non-dominant hand above the symphysis pubis.
  - 5.5. Move the fingers in the lateral fornix whilst simultaneously pushing the adnexal region down by placing the non-dominant hand onto low lateral abdominal quadrant.
  - 5.6. Repeat the same (5.5) on the other side.
  - 5.7. Gently move the cervix from side to side.
  - 5.8. **Remove** fingers gently.
6. **Explain** result of examination to the patient.
7. **Fill in** the case history.
8. **Interpret** obtained results.