

ALGORITHM

“Bimanual examination”

1. **Preparation:** The patient must have an empty bladder.
2. **Greet**, present yourself, and confirm the patient's details (the name and age), explain the main point and course of examination and get permission on realization.
3. **Position:** a woman is in supine position with head elevated 30 to 45 degrees, legs flexed on abdomen, feet in stirrups, thighs apart. Patient must be appropriately gownned 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, and then rotate so the palm is facing upwards. Palpate vagina for contour, tenderness, cervix for size, shape, scars and consistency, cervical os for form, consistency, tenderness and fornix for depth and tenderness.
 - 5.4. Gently move the cervix from side to side. Check cervical motion tenderness.
 - 5.5. 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. Examine the uterus for site, position, sizes, shape, contour/surface, mobility, consistency and tenderness.
 - 5.6. 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. Examine the adnexa for Size, Consistency and Tenderness.
 - 5.7. **Repeat** the same (5.6) on the other side.
 - 5.8. **Remove** fingers gently.
6. **Provide** information to the woman about the results of examination to the patient.
7. **Fill in** the case history.
8. **Interpret** obtained results.