



## MedStar WHC OB/GYN at Lafayette Centre

1133 21st Street NW  
Building 2  
Washington, DC 20036-  
(202)416-2000

Patient: **YOSHIMOTO, AYAE**

MRN: WHC-000007852076

FIN: WHC-60084180755

DOB/Age/Sex: 10/26/1994 31 years

Female

Date of Service: 11/5/2025

Attending Provider: Paquette,DO,Rachel R.

**Patient Viewable Documents**

DOCUMENT NAME:

Gynecology Office/Clinic Note

PERFORM INFORMATION:

Paquette,DO,Rachel R.(11/5/2025 11:19 EST)

RESULT STATUS:

Auth (Verified)

SERVICE DATE/TIME:

11/5/2025 10:52 EST

SIGN INFORMATION:

Paquette,DO,Rachel R.(11/5/2025 12:18 EST)

**Chief Complaint**

gyn pt c/o pain on lower abdominal after intercourse.

**History of Present Illness**

31yo G0 female presents for pain with intercourse

Patient was last seen on 10/9 where she had a pap performed and was started on OCPs for menstrual control.

She notes that she had been taking OCPs for a long time but stopped back in August. She picked up her new prescription in October but did not start it until this month. She stopped her OCPs because she was thinking about freezing eggs. However, when she decided she did not want to move forward with that, she restarted her OCPs. She noted that while off OCPs her libido was low and intercourse was more painful. She states that since starting birth control again, both smx have resolved. She notes that she plans on continuing to that her OCPs until she wants to become pregnant but she does not think that will be soon

Of note, she had recent breast ultrasound that was notable for small nodule behind the nipple in the right breast. It is recommended that she has breast follow up 6 months from 08/2025

**GYN Hx:**

LMP: 10/31

Menses: q28 days x 5-6 in past when off contraception

Sexual activity:

Contraception: OCPs

IPV: Denies

H/o STIs: denies

Pap Hx:

- 8/27/2025: ASCUS

- 10/9/2025 - NILM hrHPV pos. One year f/u (next due 10/2026)

Family hx of GYN cancer: no

Significant Med Hx: none

Works at Japanese Embassy

**Problem List/Past Medical History****Ongoing**

Migraine with aura

Numbness

Prolonged aura migraine

**Medications**

ethinyl estradiol-norethindrone(Junel Fe 1 mg-20 mcg oral tablet), 1 tab, PO, Daily, 3 refills

naproxen(naproxen sodium 550 mg oral tablet), 550 mg= 1 tab, PO, 2x/day, PRN, 1 refills, can take with caffeinated beverage, **Not taking**

drospirenone-ethinyl estradiol(Yaz 3 mg-0.02 mg oral tablet), 1 tab, PO, Daily, 4 refills, start first tablet today, **Not taking**

**Allergies**

No Known Medication Allergies

Pollen eye irritation, sneezing, throat irritation

**Social History****Smoking Status**

Never Used

**Alcohol**

Alcohol Use:Denies

**Exercise**

Frequency:None

**Substance Use**

Use:Denies

**Tobacco/Nicotine**

Use:Past

**Lab Results****PAP / HPV Results**

Pap IG HPV HR c Rfx Geno 16 /18 TP - Completed 10-09-2025

**Report Request ID:**

825632139

**Print Date/Time:**

11/26/2025 06:08

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EST

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Female

## Patient Viewable Documents

### GYN History

Menstrual History

Event Name	Event Result	Date/Time
Menstrual Status	Menarchal	11/05/25
Last Menstrual Period	10/31/25	11/05/25

### Review of Systems

**Constitutional:** no fevers, no chills  
**Respiratory:** no sob, no cough  
**Cardiovascular:** no chest pain  
**Gastrointestinal:** no nausea, no vomiting, no diarrhea, no constipation  
**Genitourinary:** no dysuria, no urgency, no frequency  
**Gynecologic:** As above

### Physical Exam

#### Vitals & Measurements

11/05/2025 11:03 **P:** 78 **BP:** 93/64  
**HT:** 158 cm (5 ft 2 in) **WT:** 45.05 kg (99 lbs 5 oz) **BMI:** 18.05 kg/m<sup>2</sup>

**LMP:** 10/31/2025

#### Most Recent LMP

10/31/25

#### Pain Assessment

Pain Present: No actual or suspected pain (11/05/25 11:03:00)

**General:** Well developed, well nourished, in no acute distress.

**Head:** Normocephalic and atraumatic.

**Lungs:** No increased work of breathing

**Heart:** Clinically well perfused

**Abdomen:** Abdomen soft and non-tender without masses, organomegaly, or hernias.

**Msk:** Normal posture and gait.

**Extremities:** No lower extremity edema.

**Neurologic:** No focal deficits with gross sensory and tone intact.

**Skin:** Intact without lesions or rashes.

**Psych:** Alert and cooperative; normal mood and affect.

Normal external genitalia

Urethra normal without masses

Normal vaginal tissue, vaginal discharge. No point tenderness at the introitus or with palpation of bilateral obturator muscles. No muscular spasms

Normal cervix. no CMT

No cervical motion tenderness

Uterus small, mobile, non tender

No adnexal masses or tenderness

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## **Patient Viewable Documents**

### **Assessment/Plan**

31yo G0 female presents for pain with intercourse

#### **1. Pain in female genitalia on intercourse| (N94.10)**

- Pain only while off OCPs. Now that she has restarted OCPs she has no pain. She is OK continuing to take her OCPs and does not plan on stopping them soon.
- Reviewed that since she does not have any current pain, and it resolved with the medication, she can continue to take them without additional workup. No tenderness or muscular spasms noted on exam.
- Discussed that in the future if she stops the medication, we can reassess and see if intercourse is still painful. Patient comfortable with this plan.

### **Attending Attestation**

Pt expressed understanding to plan of care. All questions answered to patient's satisfaction.

Total Clinician Time Spent Day of Service including chart review, face-to-face, and post-visit documentation: >25 min

Rachel Paquette, DO, OBGYN

*Electronically signed by:*

*Paquette, DO, Rachel R. on: 11.05.2025 12:18 EST*

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