

Operative Vaginal Preparation

(0:05 - 0:23)

Today I will be demonstrating how to do a vaginal prep for OBGYN procedures. Keep in mind that this is a complete vaginal prep and may be different from a vaginal cleanse, which is usually performed in obstetrics patients. I will be demonstrating a full vaginal prep.

(0:23 - 0:39)

The vaginal prep should be done prior to prepping the abdominal portion of the case. Next you'll need to gather your supplies. Blue towels to collect excess prep solution on the side of the patient.

(0:39 - 0:59)

A sterile prep kit, sterile gloves, a bag or a bucket. We have placed blue towels on the side of the patient to collect excess cleansing or prep solution. Place a biohazard bag under the patient's buttocks.

(1:09 - 1:37)

Now proceed to opening your vaginal prep sterilely. Next we will apply sterile gloves. We will be prepping with 4% chlorhexidine gluconate solution.

(1:40 - 1:52)

In our kit, we have prep sticks. I like to arrange my prep sticks. There's six of them.

(1:54 - 2:11)

You need to leave one. You need to leave one out that's dry that will go in the vagina at the end. Pour your prep solution and discard the bottle.

(2:14 - 2:46)

I like to saturate all of my prep sticks prior to beginning the prep procedure. You can do it individually if you choose so. Begin the prep on the pubis mons using crosswire strokes.

(2:51 - 4:39)

With the same stick, cleanse the vulva, labia, perineum, and anus. With the new stick, cleanse laterally from the labia minora to the labia majora to about six inches of the inner aspect of the thigh. Discard the stick.

Repeat the process on the other side with the new stick. Now spread the labia minora as shown and visualise the urethra meatus. Cleanse the meatus and insert the stick into the vagina.

Rotate the sponge to clean the cervix. Continue to rotate the sponge as you pull it out of the vagina in order to ensure the vaginal cavity is properly cleansed. Repeat this process with a new stick.

Another technique commonly used to cleanse the cervix and vagina is as shown. Use a push in and pull out motion and go in the gold circle around the vagina. Either method is acceptable as long as it is done twice with a new stick each time.

Place a dry stick into the vagina for 15 to 30 seconds for the absorption of the fluids. Now remove the under buttock straight and now discard in the trash.