

Urology Department

Information on Internal Examination

Introduction

You have been advised that you need an internal examination. For this to take place we need your consent.

Consent: a definition

“Consent is the voluntary and continuing permission of a patient to receive a particular medical (nursing) treatment, based on adequate knowledge of the purpose, nature, likely effects and risks of that treatment including the likelihood of its success and any alternatives to it. Permission given under any unfair or undue pressure is not true consent.”

Informed consent – why?

- Physiotherapy/nursing care that involves contact with the body;
- Essential for invasive procedures such as internal examination;
- Without consent internal examination would be unlawful even with a successful outcome.

To obtain a thorough correct picture of all of your symptoms it may be necessary to perform an internal vaginal/rectal examination.

You will be given information about what this examination involves, including why it is felt to be necessary, any risks, benefits and alternatives which may be available.



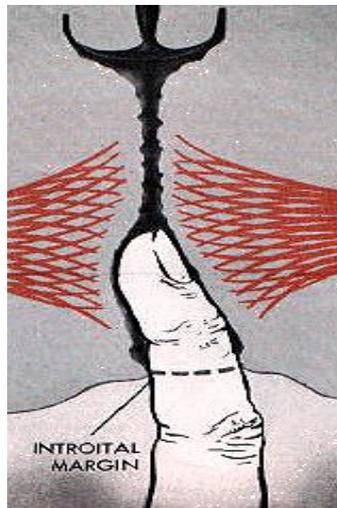
Patient Information

If you agree to the examination, you will be asked to sign a consent form before it can take place.

This examination can determine the starting point for your treatment.

This procedure is often performed at your second appointment.

The aim of the assessment is to help determine the current strength of your pelvic floor.



What happens during the assessment?

- To do this assessment you will be asked to lie down with your lower clothing removed, a towel or blanket will cover you;
- The nurse or physiotherapist will wear gloves smeared with lubricant gel;
- Initially you will be asked to cough whilst the nurse/physiotherapist holds your labia apart, this is to see if a prolapse occurs as you cough;
- One or possibly two fingers will be inserted into the vagina to test for soreness and then muscle strength as you will be asked to do a pelvic floor contraction;
- The right side then the left side of your pelvic floor will be tested;
- The assessment will take place in a private room to maintain your privacy.

Patient Information

Further Information

For further information please contact the Urology Department

Telephone: 024 7696 5295

The Trust has access to interpreting and translation services. If you need this information in another language or format, please contact 024 7696 5295 and we will do our best to meet your needs.

The Trust operates a smoke free policy.

Document History

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