Patient guide to Sensitive Health Exams
What is considered a sensitive exam or procedure?

A sensitive examination or procedure is the physical examination or procedures involving the male or female genitalia or rectum or female breast. Chaperones will be provided for these exams or procedures and can also be provided for other exams or procedures if requested by the patient.
Types of Exams

**Pelvic Exam** can include visual inspection, speculum exam (to collect cells for a pap test and in some cases to test for STIs) and bi-manual exam, during which the provider will insert two lubricated, gloved fingers into the vagina with one hand while gently pressing on the outside of the lower abdomen with the other hand (to diagnose conditions of the abdomen and pelvis such as pain, tenderness or unusual growths).

**Pubic/Groin Region and Hernia Exam** to diagnose symptoms such as pain, lumps, rashes and lesions in this area and to check for a hernia.

**Penile Exam** to diagnose symptoms including pain with urination, rashes, sores and discharge from the penis (may also collect sample for STI screening).

**Rectal Exam** to diagnose symptoms of the abdomen, pelvis and gastrointestinal system such as abdominal pain, blood in the stool and sores or lesions.
The provider will explain what to expect from the examination, ask questions in order to understand your general health and gather any history, which could identify risk factors that may affect your health. Through their Patient Centered Medical Home approach, Student Health Services encourages you to get to know your provider(s), so you will feel comfortable sharing information and asking questions about your health.

Medical history includes but is not limited to:

Current symptoms and concerns

5 P’s of sexual history
  Partners
  Pregnancy
  Protection
  Practices
  Past History

Physical and mental health history (family)

Smoking, alcohol and other drug use
Why do we need a **chaperone**?

The chaperone assists the patient and the health care provider in completing sensitive exams and procedures in a safe and respectful manner. The chaperone’s job is to:

- Protect and enhance the patient’s comfort, safety, privacy, security and/or dignity during sensitive exams or procedures.
- Protect health care professionals from misunderstandings during exams and procedures.
A trained professional staff member will be present at all times during a sensitive health exam; you may request a staff member of a specific gender. You can also have a friend or family member present in addition to the staff member.
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