

YOU WILL BE ADVISED WHETHER TO RETURN FOR RESULTS OR WAIT TO BE CONTACTED FOR FOLLOW-UP.

PRACTICING SAFER SEX CAN PREVENT SEXUALLY TRANSMITTED INFECTIONS AND PREGNANCY.

THE SEXUAL HEALTH CENTRES ARE LOCATED AT:

Fort Erie Sexual Health Centre

43 Hagey Avenue
Fort Erie, ON L2A 1W4
Phone: 905-871-5320
Fax: 905-871-3333

Hours of Service

Tuesday - Friday
9am - 12pm

Niagara Falls Sexual Health Centre

5710 Kitchener Street
Niagara Falls, ON L2G 1C1
Phone: 905-358-3636
Fax: 905-358-2717

Hours of Service

Monday - Friday
1pm - 4:30pm

St. Catharines Sexual Health Centre

277 Welland Avenue
St. Catharines, ON L2R 2P7
Phone: 905-688-3817
Toll Free: 1-800-263-5757
Fax: 905-688-6063

Hours of Service

Monday - Friday
8:30am - 12pm
1pm - 4:30pm

Welland Sexual Health Centre

540 King Street
Welland, ON L3B 3L1
Phone: 905-734-1014
Fax: 905-734-1770

Hours of Service

Monday - Friday
1pm - 4:30pm

** Clinic/Doctor services available by appointment only*

Mediklik - STI Clinic

St. Catharines General Hospital
142 Queenston Street, St. Catharines, ON
Tuesday & Thursdays - 6:00-8:00 p.m.
Walk-in Clinic - no appointment required

www.regional.niagara.on.ca



THE FEMALE Pelvic Exam

What is a pelvic exam?

The pelvic exam is an examination of the female reproductive organs (uterus, ovaries, cervix, vagina and vulva) to determine if these organs are healthy and to detect if there are any problems.



Niagara  Region
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When should a woman have one?

A woman should have a pelvic exam once a year starting when she has sexual activity including vaginal intercourse, vaginal/oral sex, and vaginal/digital activity. If not sexually active, a woman should start having pelvic exams by age 18. You should have a pelvic exam earlier or more frequently if you have:

- Menstrual problems
- Abnormal vaginal discharge
- Unprotected sexual intercourse (without using condoms)
- Pain with sexual intercourse
- Burning or itching in the vagina
- Sores in the genital area

What to expect...

Before the exam it will be necessary to provide information about your health and sexual history. You will undress and put on an examination gown or a drape sheet to cover the lower abdomen and thighs.

If you wish to watch the exam, ask the nurse or doctor for a mirror. Also feel free to ask any questions during the exam.

Your nurse practitioner or doctor can help you with some tips on how to feel more relaxed. If you can relax your abdominal and vaginal muscles, the exam will be more comfortable.

The whole exam takes only a few minutes and includes:

- An external genital exam – looking at and examining the vulva (the outer lips).
- A speculum exam – the insertion of a plastic device the size of a tampon into the vagina so the cervix can be seen and swabs

can be taken (you may feel some pressure and possibly mild discomfort).

- Special swabs are used to collect samples from your cervix, which are sent for screening for possible vaginal infections (gonorrhea, chlamydia).
- A Pap smear determines changes in the cells of the cervix.
- A bi-manual exam – the doctor or nurse will insert two fingers into the vagina to feel the internal pelvic organs.

Female Uterus

