

# Sensitive Exams

**UCI**

Student Health  
Center



*A Patient Guide*

**Thank you for making an appointment  
with a UCI Student Health Center  
clinician to discuss your health.**

We appreciate the trust you've put in us by making this appointment.

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*When you see your clinician at the UCI Student Health Center, you can expect the following ...*

## **1. QUESTIONS**

The first thing your clinician will do is ask you some questions. These questions may relate to specific symptoms you've been having, or to your sexual practices. The conversation may make you feel awkward or embarrassed, which is perfectly normal. You can expect that the answers you give will be kept private and confidential. You do not have to answer all of the questions, but limiting your answers may make it harder for the clinician to help you.

## **2. PHYSICAL EXAM**

Next, your clinician will perform a physical exam. A genital exam is an essential part of the routine health maintenance visit to gauge sexual development, identify common anomalies, and pick up early signs of potentially-serious conditions. The examination may make you feel awkward or embarrassed, which again, is perfectly normal. You can always decline to undergo all or part of the exam, but that may impede your clinician's ability to help you. We encourage you to ask any questions you have before and during the exam.

A chaperone will be present during the sensitive part of your exam unless you refuse. A chaperone is a trained UCI Clinical Staff Member who can provide comfort and assistance to you during the exam. Like your clinician, the chaperone is bound by confidentiality.



WHAT TO EXPECT

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# Female Sensitive Exams

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## *During your exam, your clinician may do any or all of the following ...*

### **Vagina, Rectum and Breasts:**

- Touch your abdomen.
- Tap on your lower back to check your kidneys.
- Feel for lymph nodes in the area between the abdomen and the thigh (aka groin).
- Inspect your pubic area for rashes, lesions or genital warts. This may involve touching the pubic hair to see the skin below.
- Examine the external genitals, which may include the labia, urethra, clitoris and vaginal opening (and allow you to see these areas with a mirror).
- Visualize the vaginal walls and cervix by inserting a speculum into your vagina. The speculum is placed into your vaginal opening and after applying gentle pressure to open the speculum, the vaginal walls and cervix can be seen. This portion of the exam is short and will usually not last more than a few minutes.
- Insert 1 or 2 gloved fingers into your vagina while pressing on your abdomen to feel the mobility and size of your uterus and ovaries.
- Insert a gloved, lubricated finger into the rectum to check the space between the rectum and the vagina for any abnormalities.
- Touch each breast to check for lumps or other abnormalities including squeezing the nipples and feeling the armpits for lymph nodes.

WHAT TO EXPECT

# Male Sensitive Exams

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## *During your exam, your clinician may do any or all of the following...*

### **Penis, Scrotum, Perineum, Prostate, and Rectum:**

- Touch your abdomen.
- Feel your lymph nodes in the area between the abdomen and the thigh (aka groin).
- Examine your pubic area for rashes, lesions or genital warts. This may involve separating the pubic hair to see the skin below.
- Examine the crease between the thigh and scrotum for rashes or other lesions.
- Inspect the scrotum for redness or lesions.
- Grasp one testicle at a time, rolling it gently between the thumb and first finger to feel for lumps and to feel if the testicle is hardened or enlarged.
- Examine the shaft of the penis, including its underside for ulcers and warts.
- Retract foreskin (if applicable) to inspect the glans for infection.
- Press on the shaft of the penis to feel for masses.
- Insert a gloved finger alongside the scrotum and ask you to cough to check for a bulge (hernia).
- Insert a gloved, lubricated finger into your rectum and feel the back wall of the prostate gland for enlargement, tenderness, lumps or hard spots.

Even though it might be uncomfortable to have your testicles examined, it is part of the clinician's job. Sometimes when a clinician is examining that area, you might get an erection — this is something you can't control. It's a normal reaction that happens often during genital exams. It won't upset or bother the clinician, so there's no need to feel embarrassed.



# WRAP UP

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After the exam, you will have an opportunity to speak with your clinician privately to ask any additional questions. You may also be asked to provide blood or urine samples for testing. Your clinician will recommend a follow-up appointment if needed.

## **Connect with the UCI Student Health Center**

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