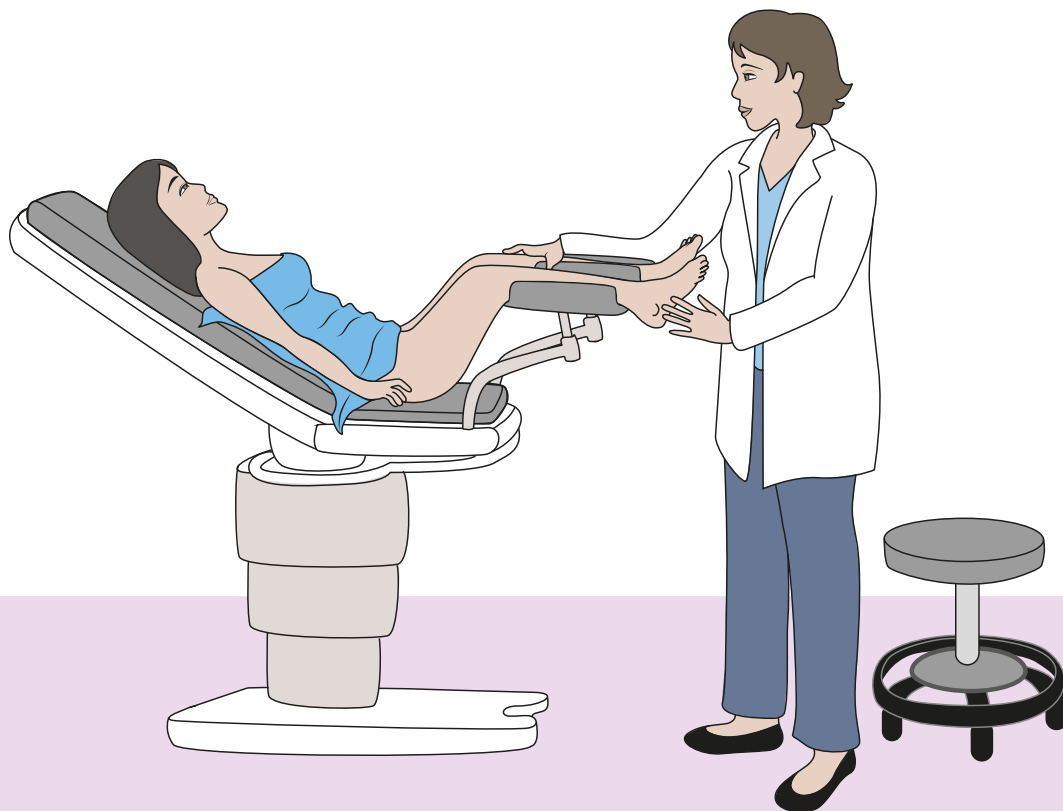


# The gynecologist



## The consultation



# Warning

Nude scene

**This document is not meant for young children.**

For young adolescent girls,  
SantéBD recommends using this document with a parent, teacher or health professional.



# I have a gynecology appointment.

I can go to my doctor, a gynecologist or a midwife.

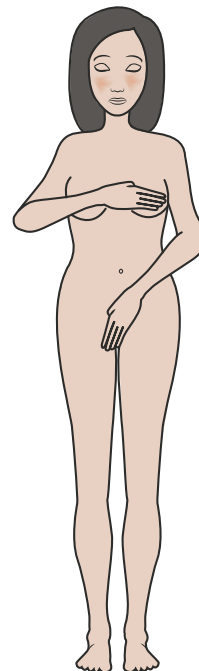
- I can choose a man or a woman.



## The exam is not always easy...

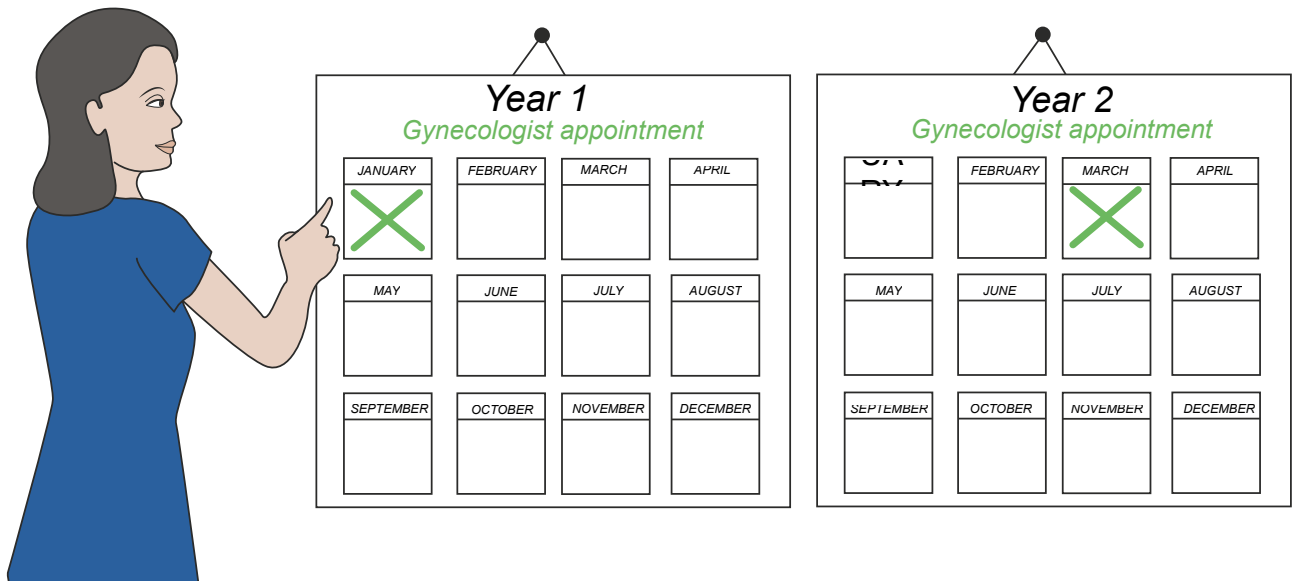
because I may need to show my genitals or my chest, or both.

- The doctor or midwife asks if I am ok with this.

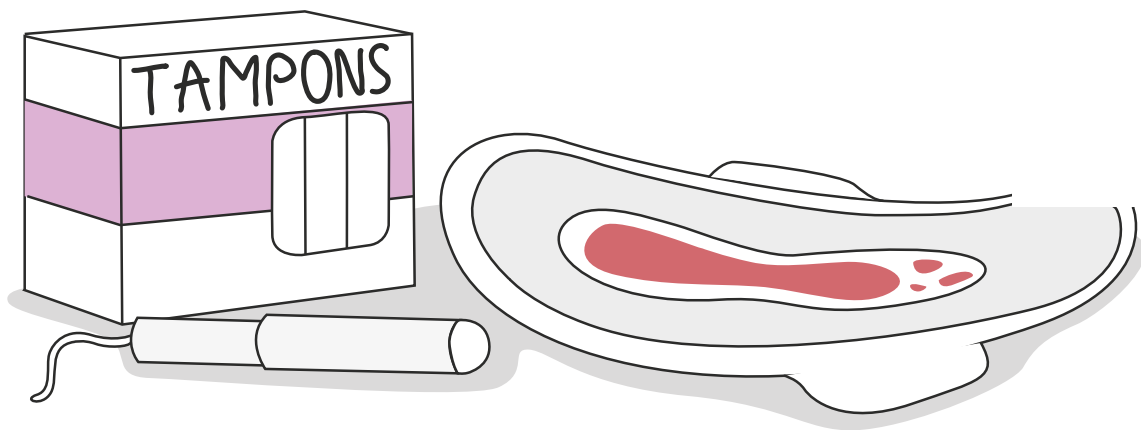


**I need to get these parts of my body checked.**

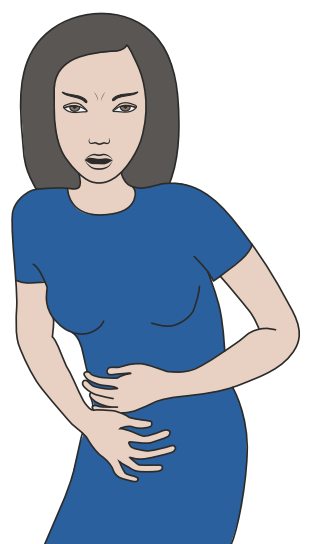
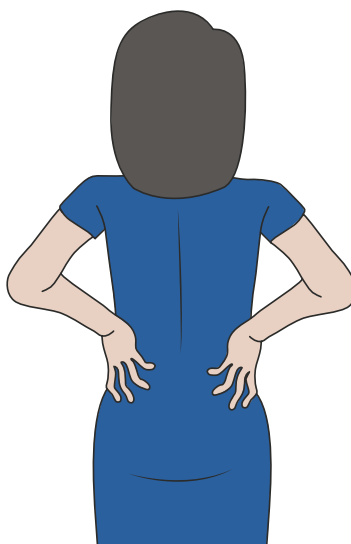
- It's good to do so once a year.



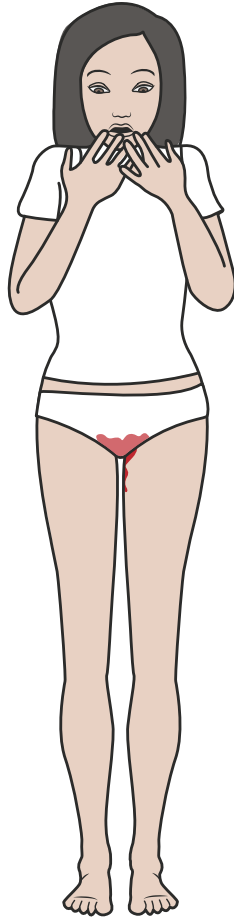
**So that I can talk about my period.**



- So that I can talk about pain during my period.

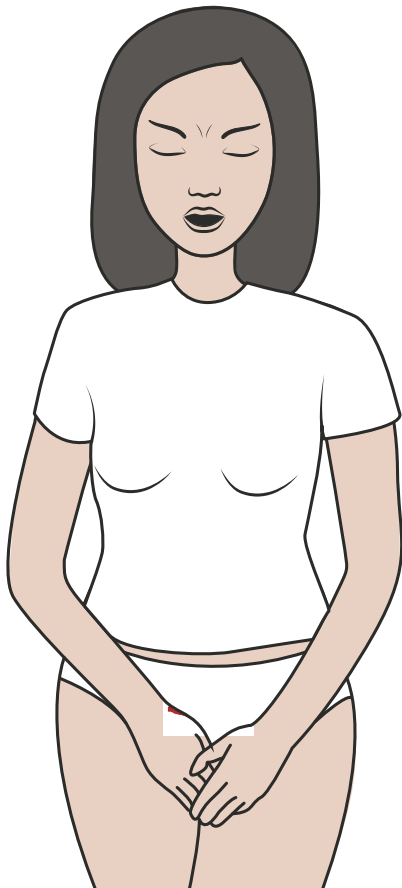


- So that I can talk about non-period bleeding.

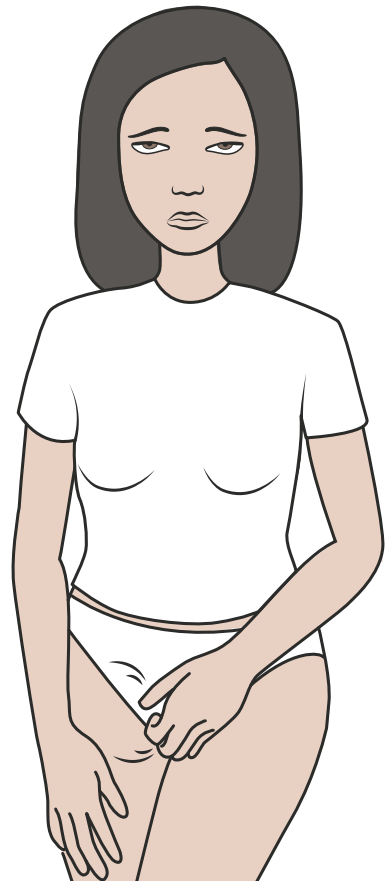


So that I can talk about any pain in my vaginal region.

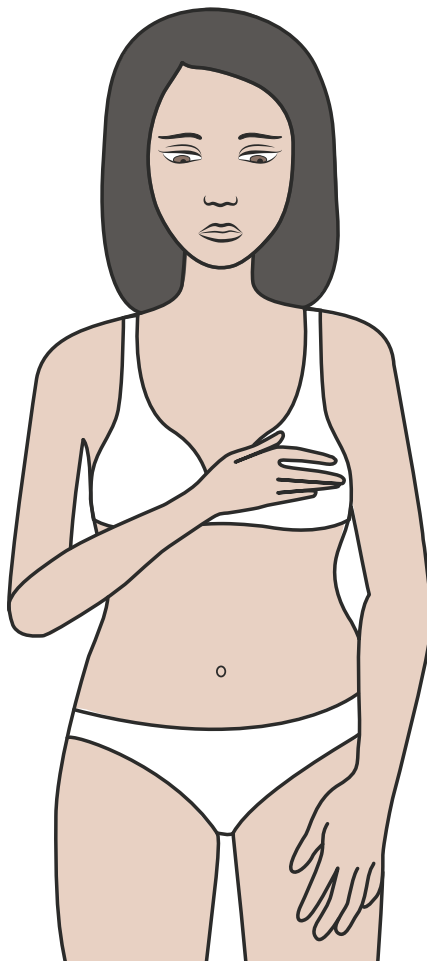
- Infections.



- Itchiness.



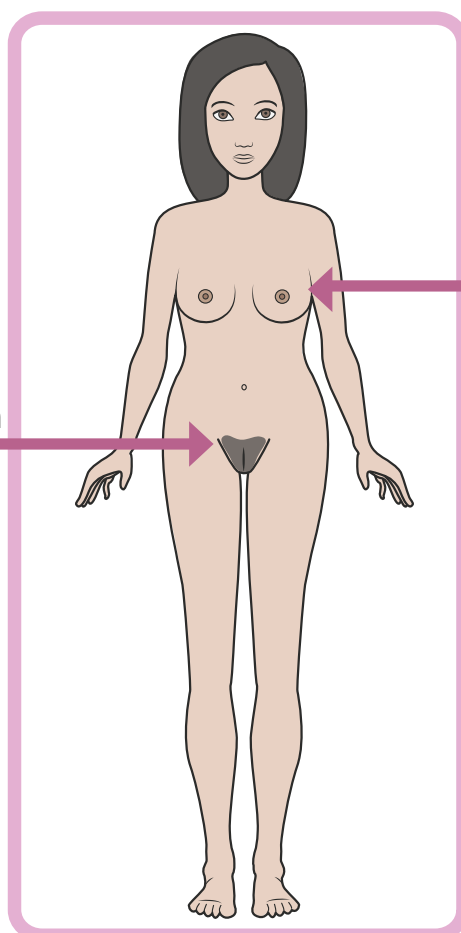
**Because I felt a growth in my breast.**



**To check that I don't have a disease.**

**Vaginal examination**

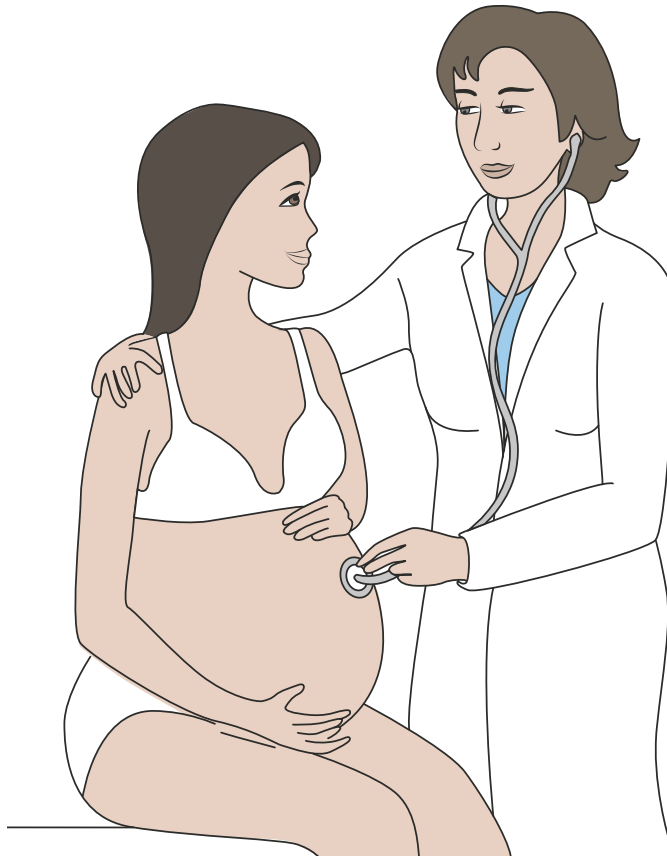
To make sure I don't  
have an infection



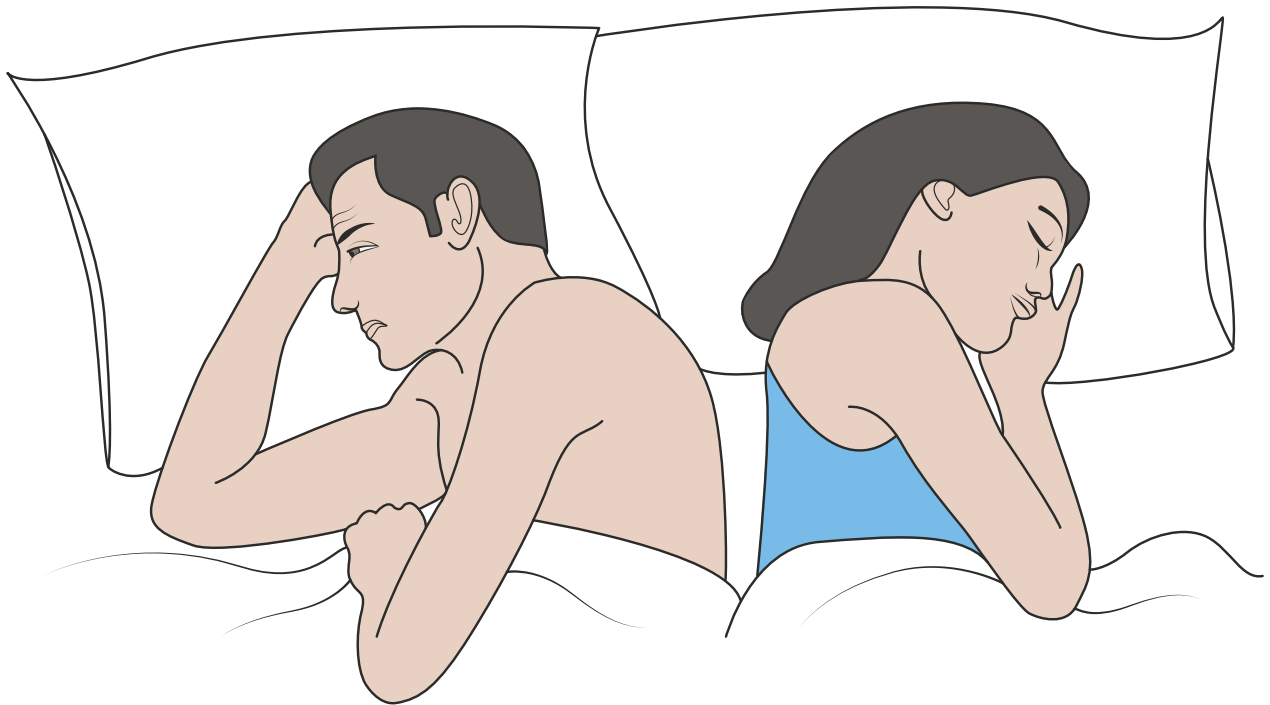
**Breast exam**

To make sure  
I don't have a growth

**To monitor a pregnancy.**



**To talk about difficulties related to my sex life.**

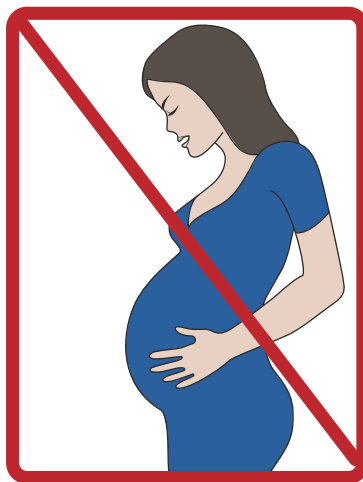


## To talk about contraception methods.

- To avoid getting an STD (sexually-transmitted disease) during sex, like AIDS. There are other diseases like chlamydia.

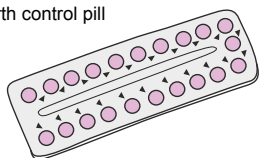


- To avoid getting pregnant.

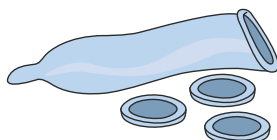


## Contraception methods

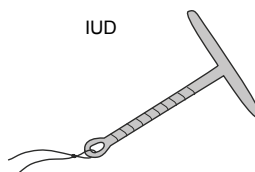
Birth control pill



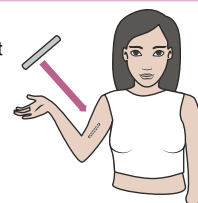
Condoms



IUD



Implant



**There are many different types of contraception.**  
I can talk about it with my doctor.

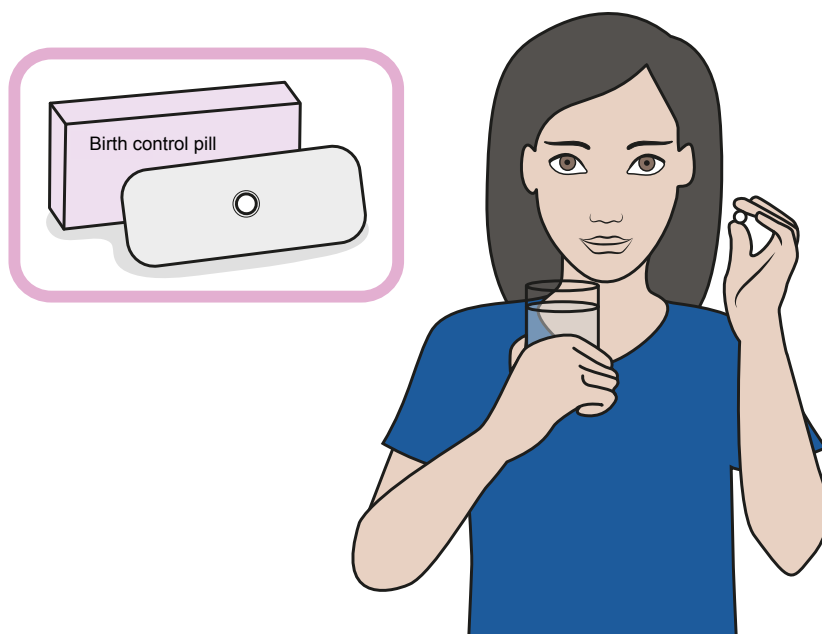
**See the booklet on "Contraception methods".**



## EMERGENCY : if I had sex without contraception.

- **I can ask for the morning-after pill.**

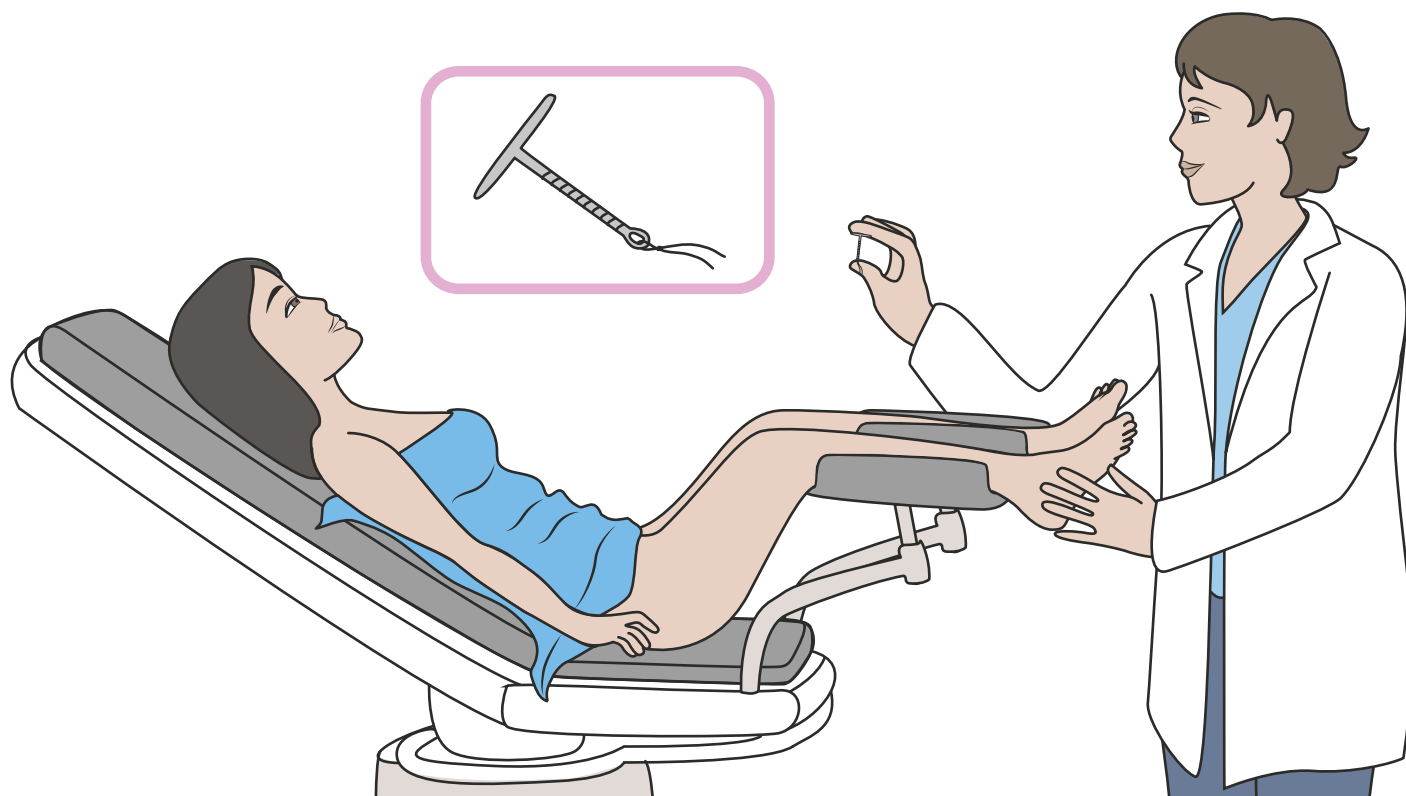
See the document on "Contraception methods" : emergency contraception.



It is a small pill that I swallow with water.

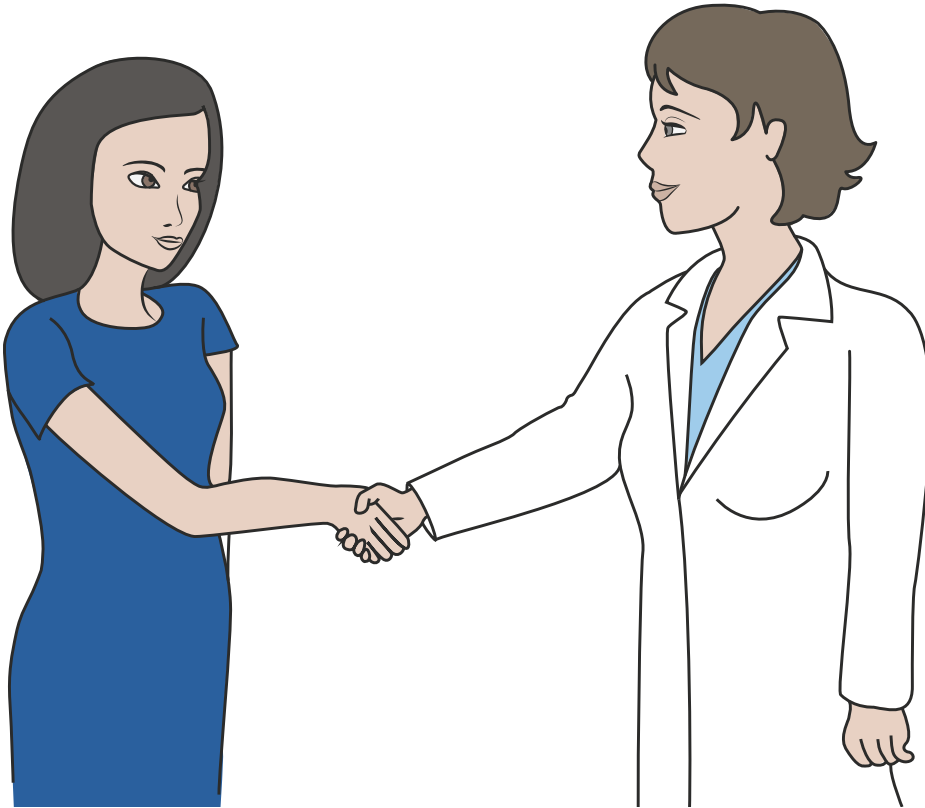
- **I can ask for the morning-after IUD.**

See the document on "Contraception methods" : emergency contraception.



## What happens during the appointment ?

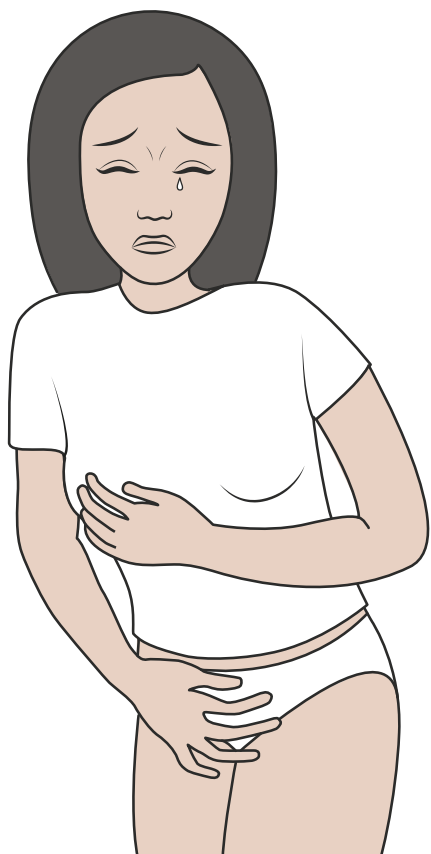
- The doctor or midwife greets me.



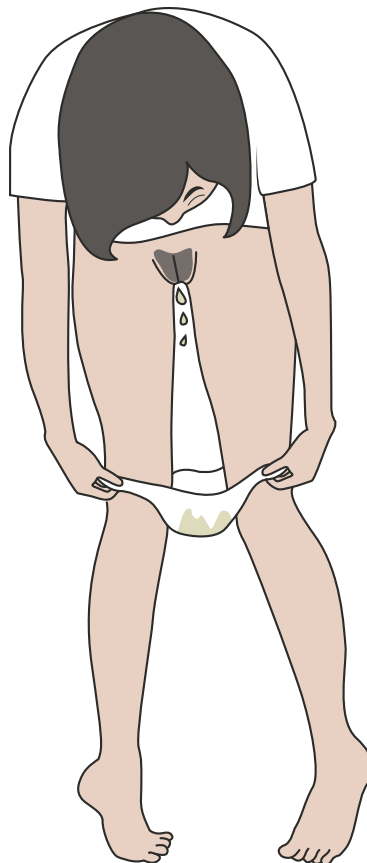
- The doctor or midwife asks me questions.



● To find out if I have any pain.



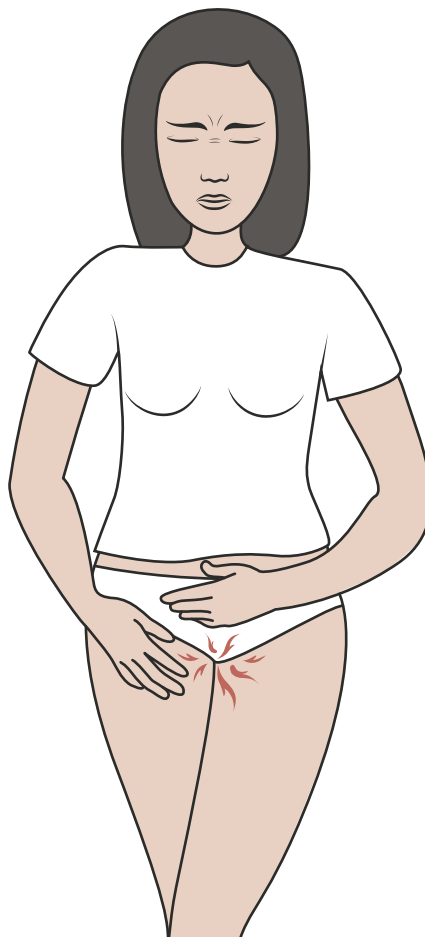
● If I have any embarrassing discharge.



● If I have bleeding.



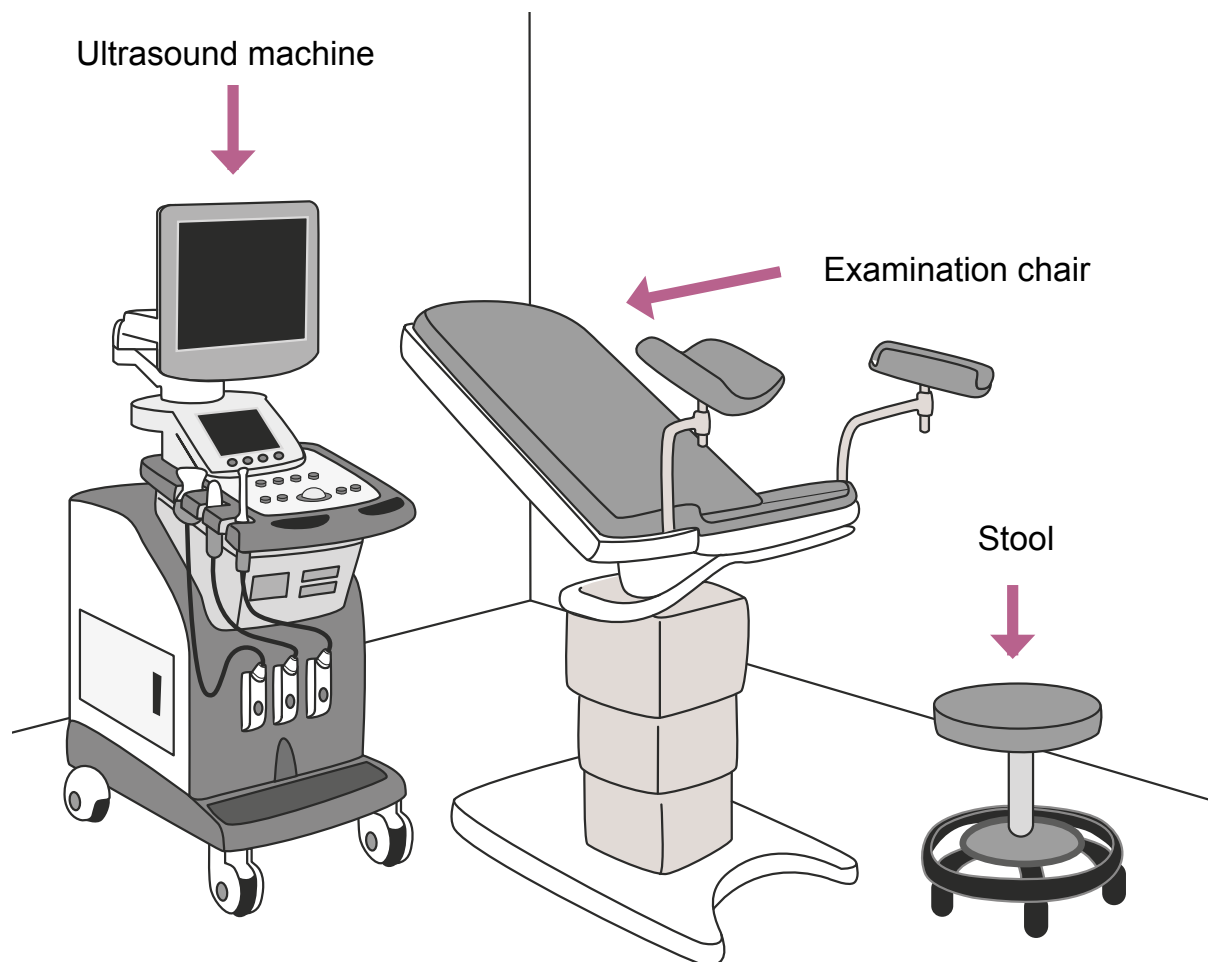
● If I have a burning sensation.



**Before starting the doctor or midwife weighs me.**

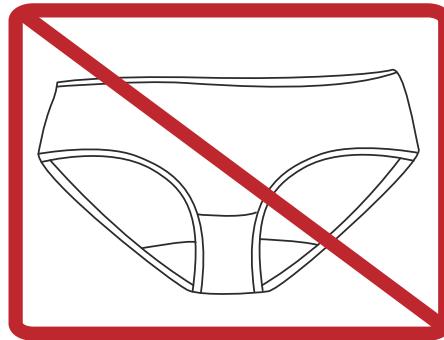
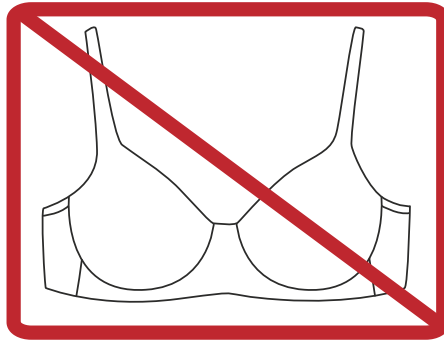


**I go into the examination room.**



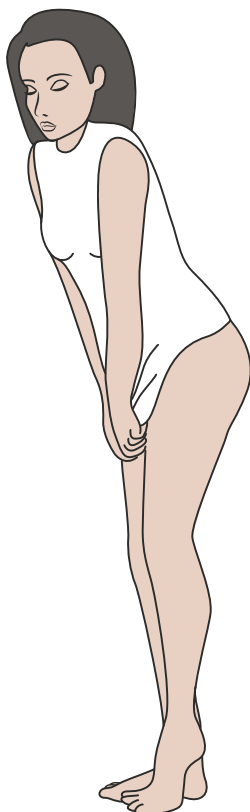
**The doctor or midwife asks me to take off my clothes.**

- I may have to take off my bra and underwear.

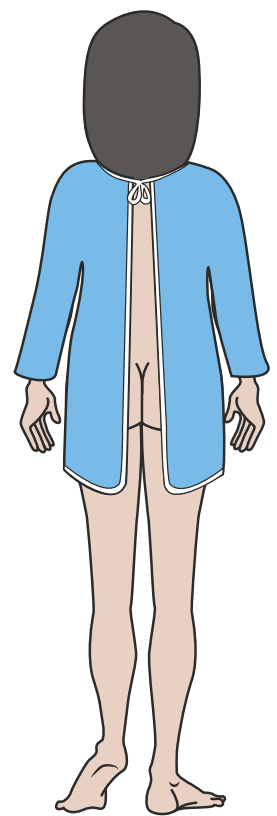
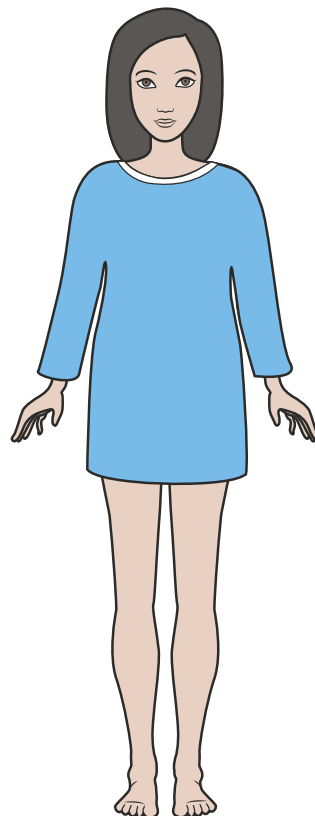


**If I am uncomfortable being naked, I can ask to :**

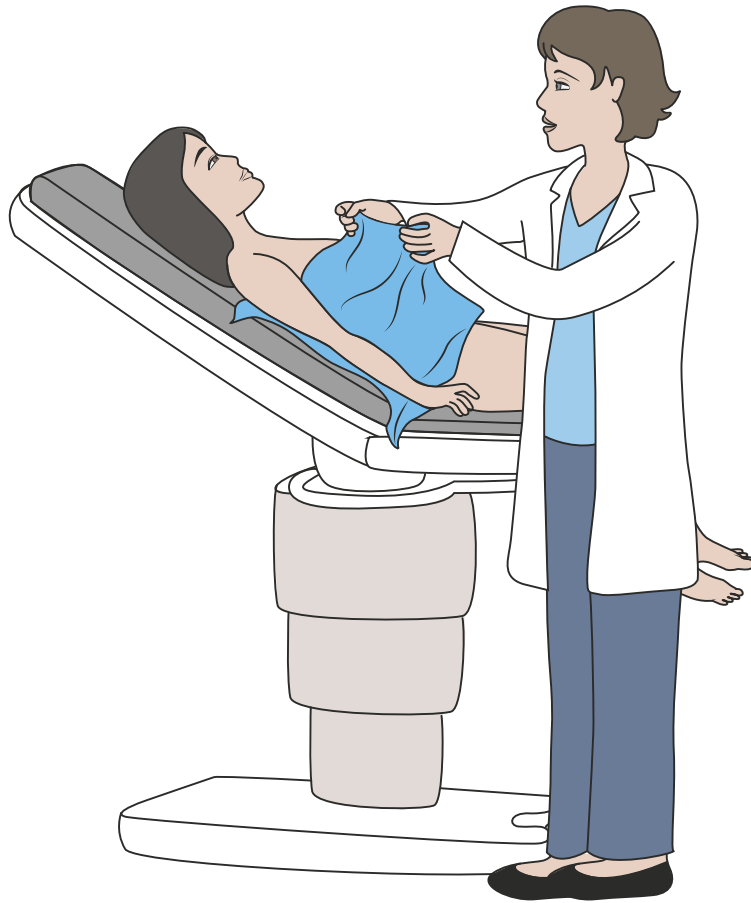
- keep my t-shirt on



- cover myself with a smock



- or cover myself with a sheet on the examination chair.



**Before starting, she takes my blood pressure.**



# The doctor or midwife examines my breasts.

She is looking for a growth.

- She presses down on my breast with both hands.

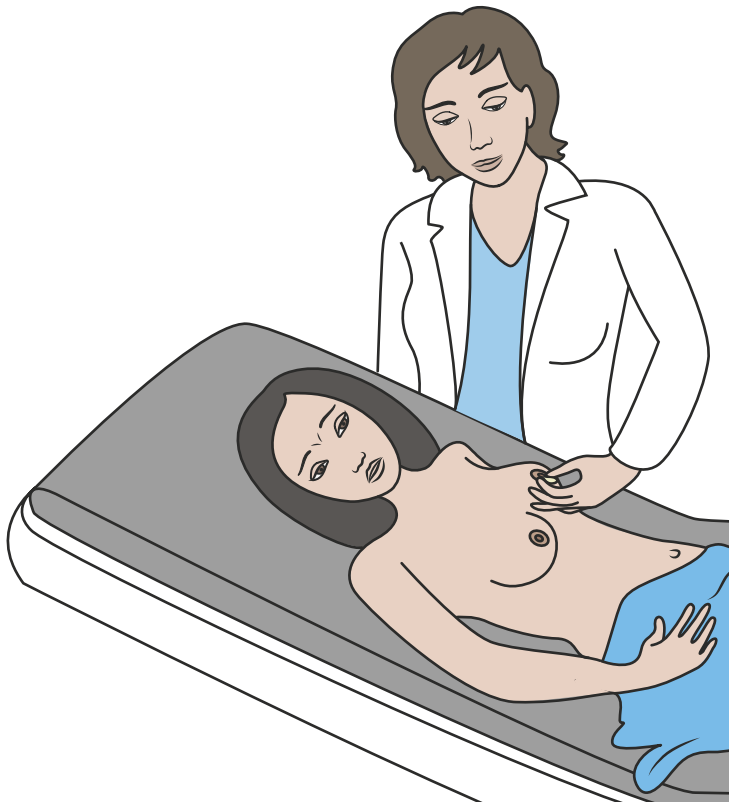


- She feels around my armpit.

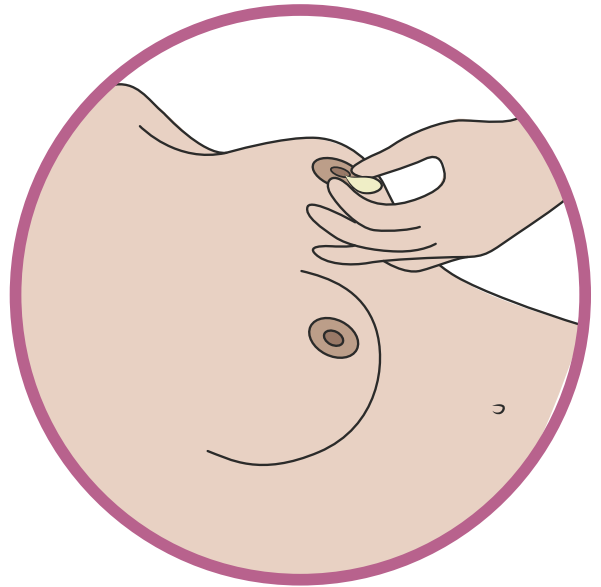


**She can examine for nipple discharge.**

- **She pinches my nipple between her fingers.**

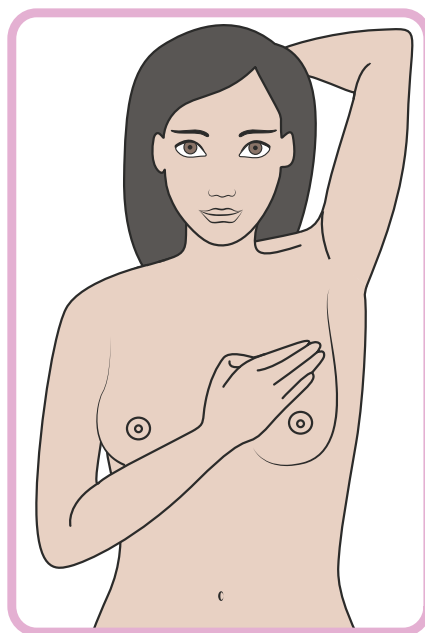


She looks to see if there is any discharge.



**The doctor or midwife teaches me how to give myself a breast exam.**

- **I must do it often as of the age of 25.**

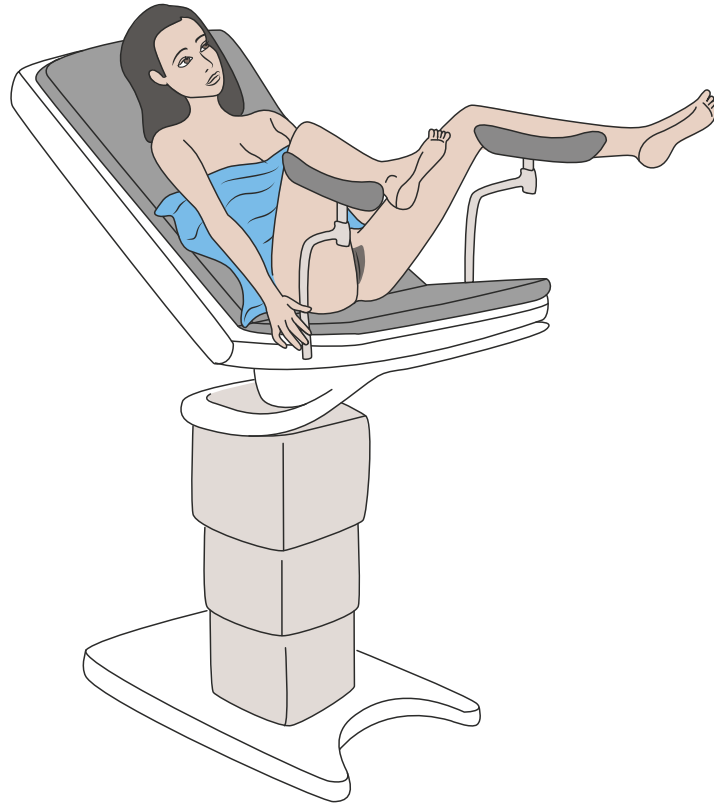


**See the booklet on "Breast Self-Exams."**

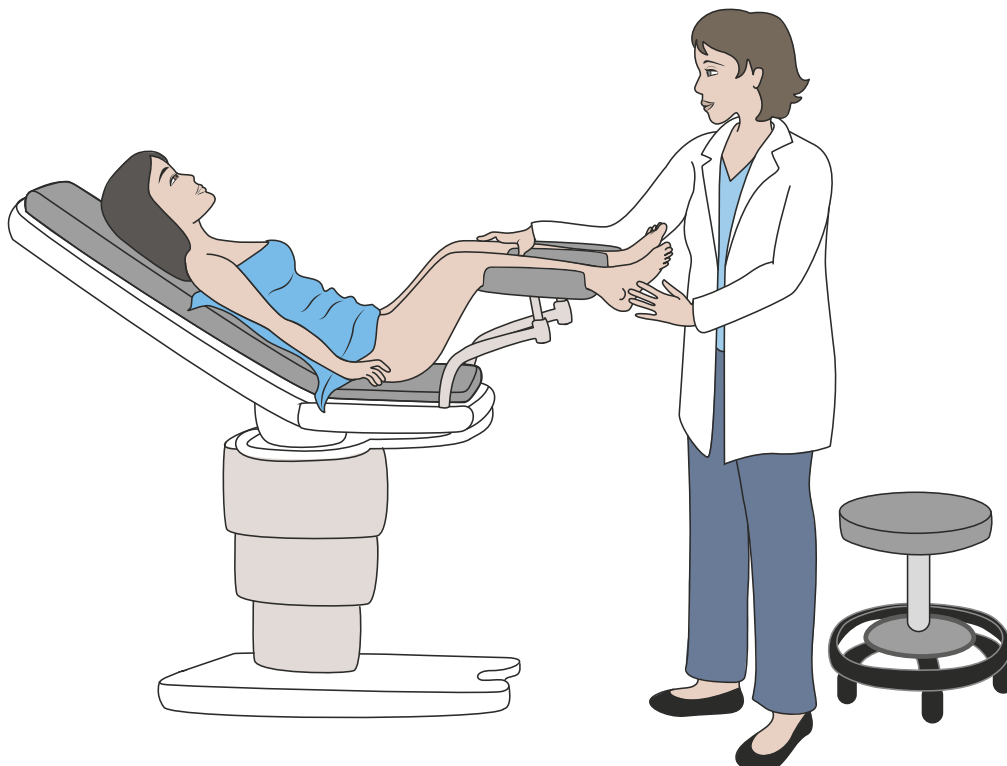


# The doctor or midwife examines my vagina.

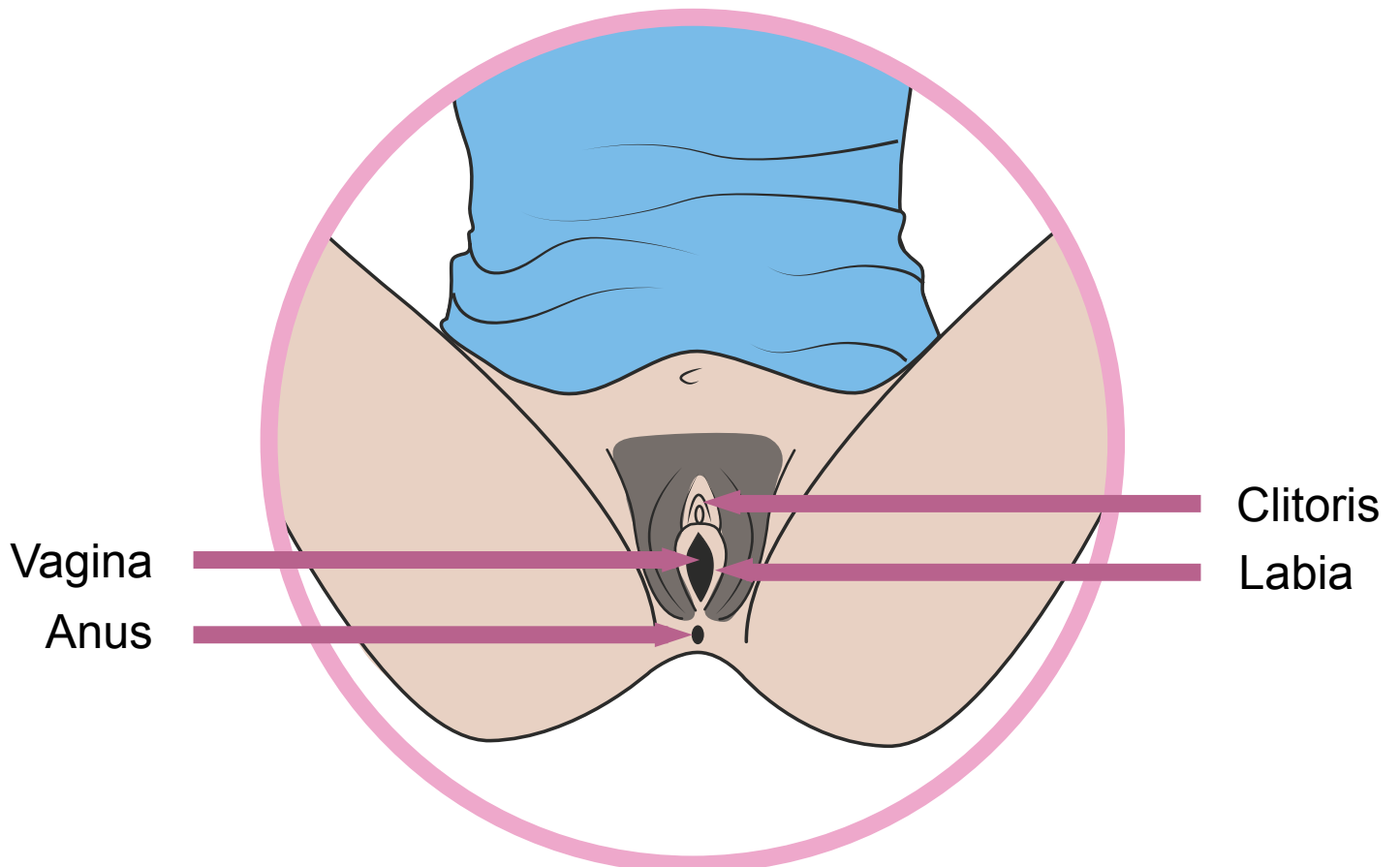
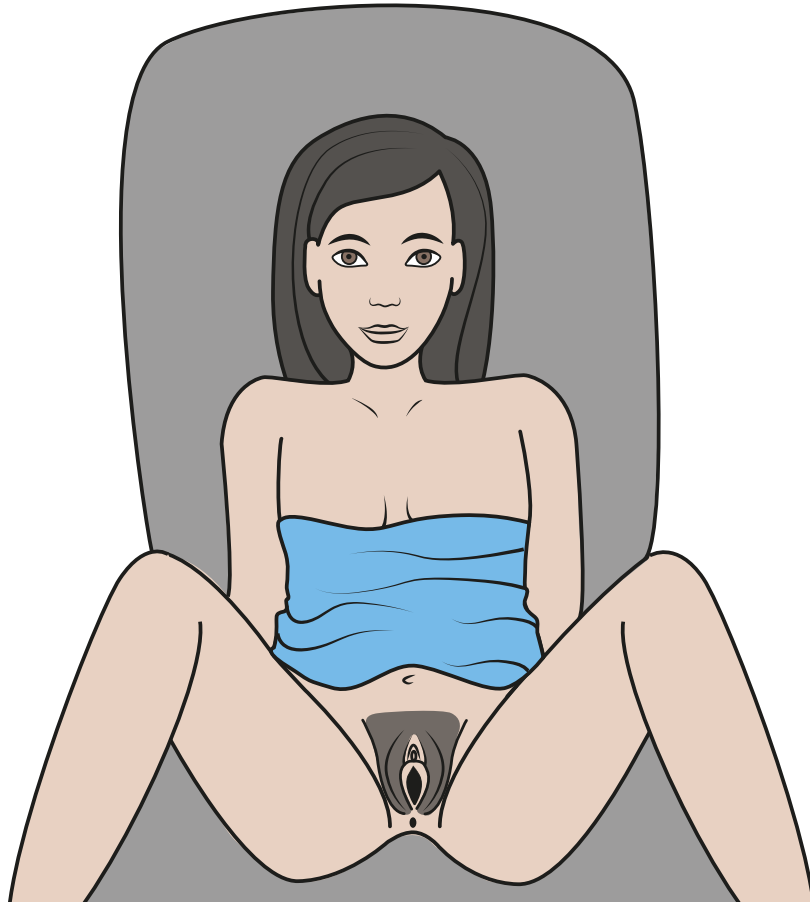
I lie down on my back and put my legs on the stirrups.



● My legs are spread apart and the doctor is facing me.



The doctor or midwife is going to examine my vagina closely.



**The doctor or midwife puts on gloves before starting the exam.**



**She looks at the skin around my vagina.**



**The doctor or midwife is going to perform a vaginal examination.**

- **She puts a finger in my vagina.**

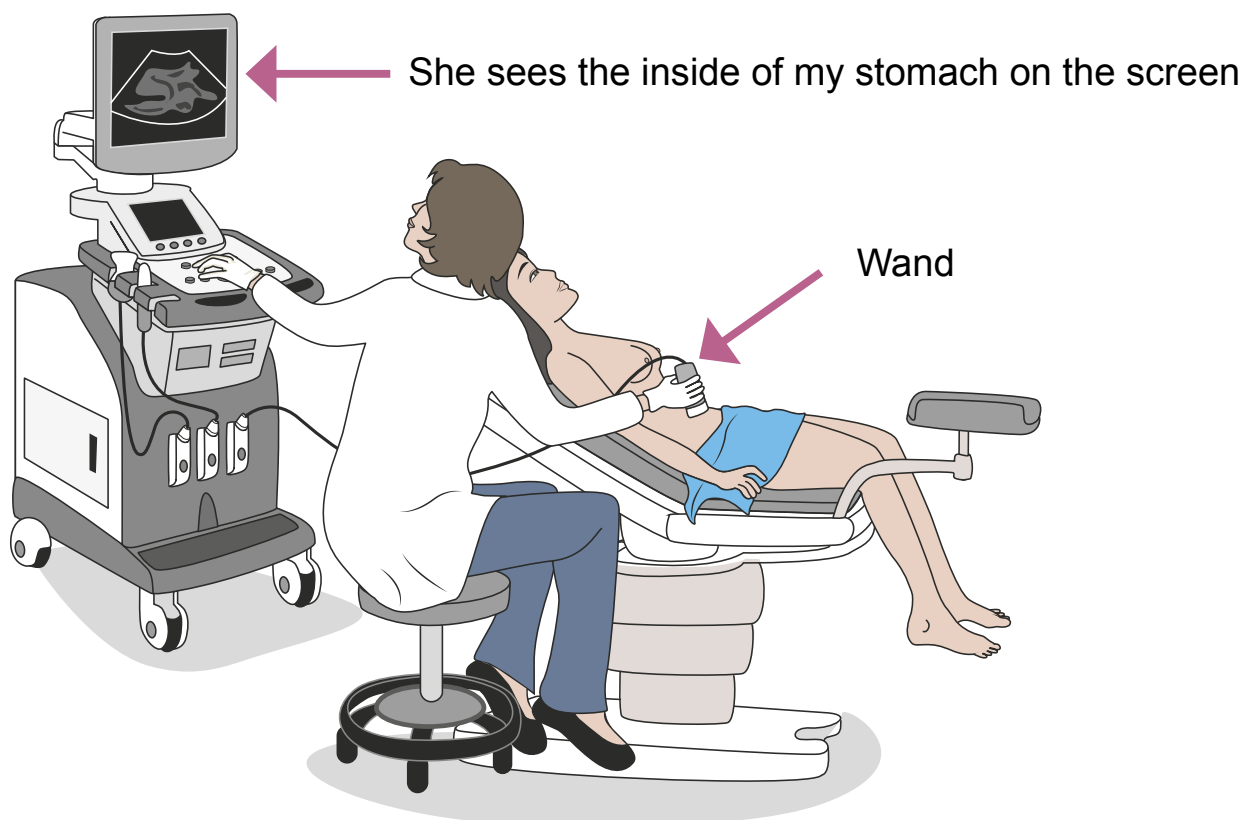


- **Her other hand pushes down on my stomach.**



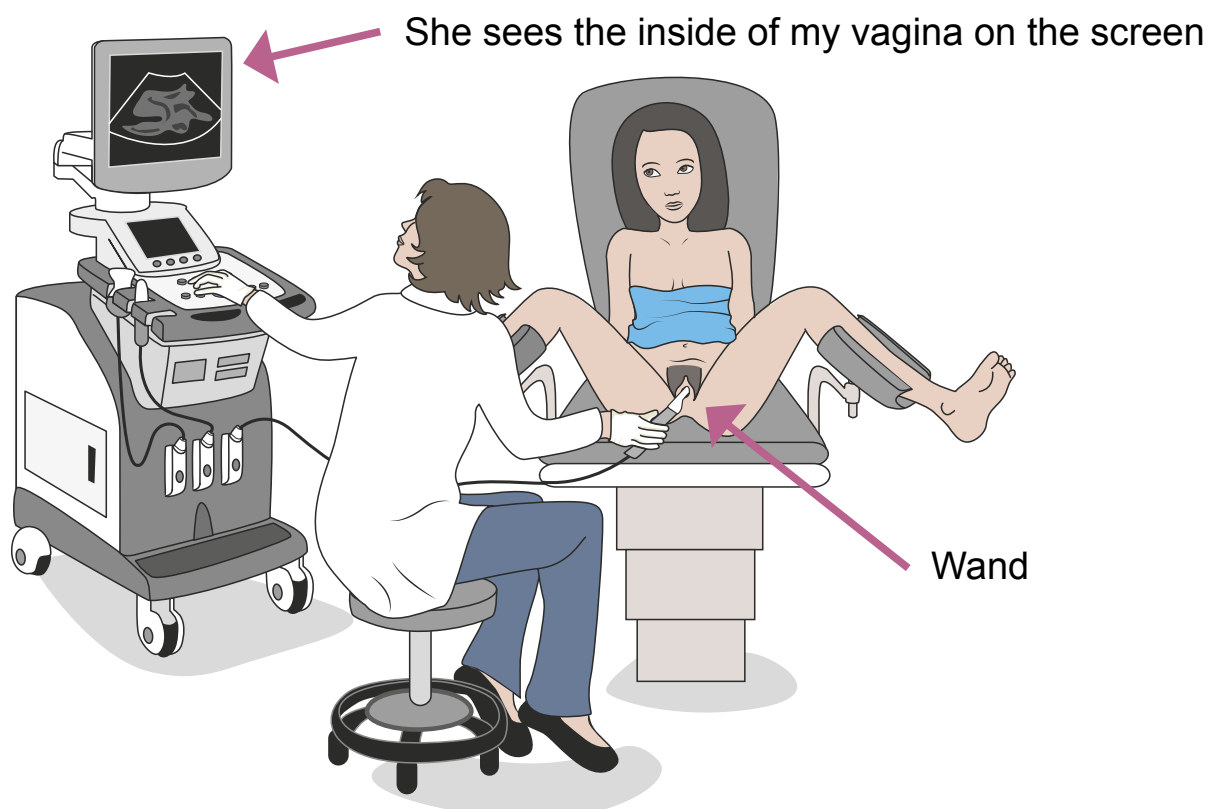
- **A stomach ultrasound.**

She passes a wand over my stomach.



- **A vaginal ultrasound.**

She puts the wand in my vagina.

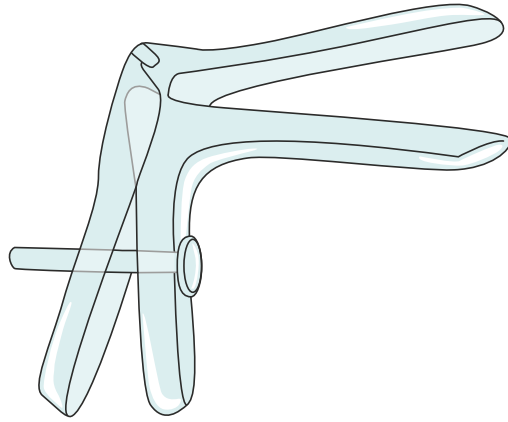


## The doctor or midwife proposes a pap smear.

Pap smears are performed once a woman is 25 years old.

- **She uses a speculum.**

It is a tool that spreads apart the vagina.



- **She puts the speculum in my vagina.**

She gently spreads apart my vagina.

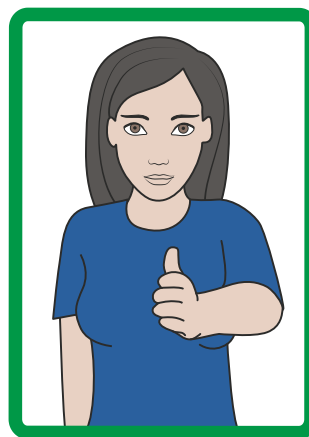


**She gently takes cells from the inside of my vagina.**

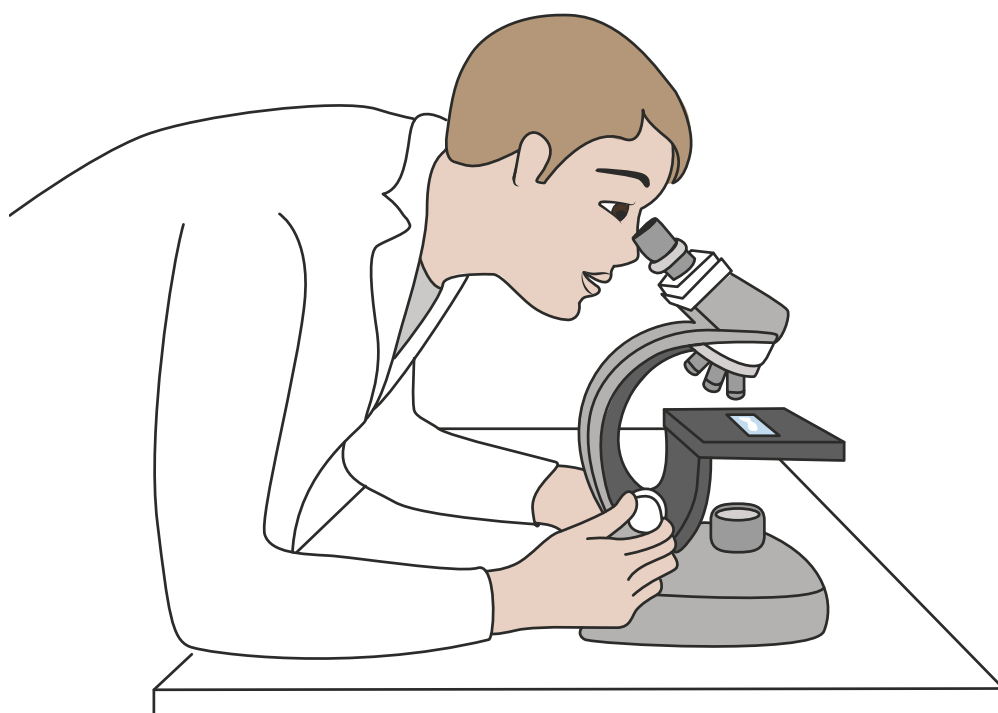
- **She uses a small wand.**



It is a little uncomfortable  
but it does not hurt.

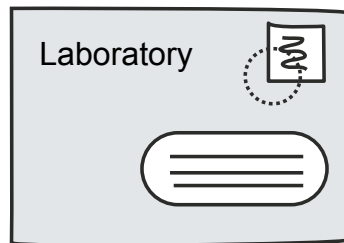
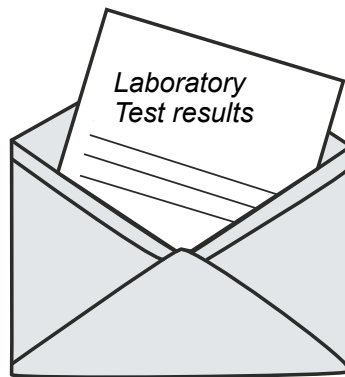


- **A lab is going to analyze my cells.**



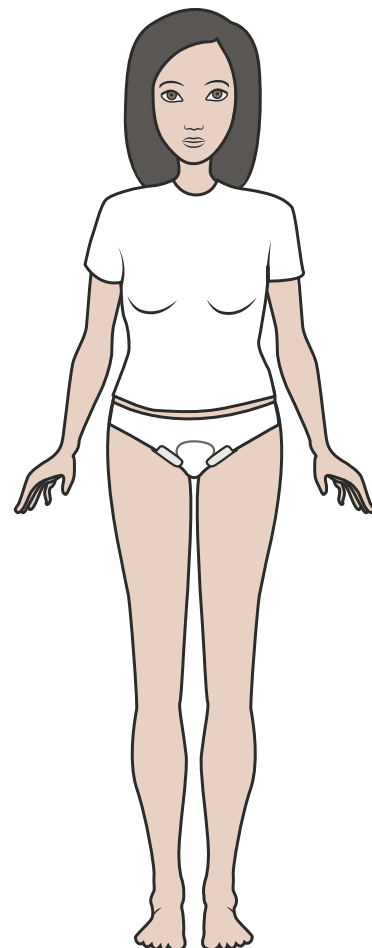
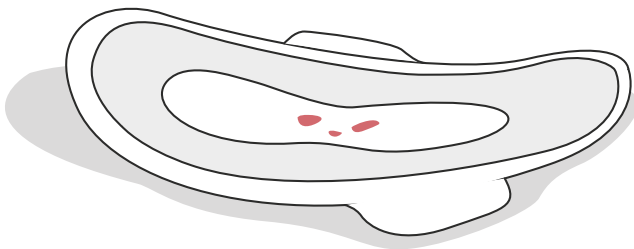
- **This test looks for any diseases.**

The result of this exam are sent to me in the mail.



- **After this exam, I may bleed a little.**

I put on protection before coming to the appointment.





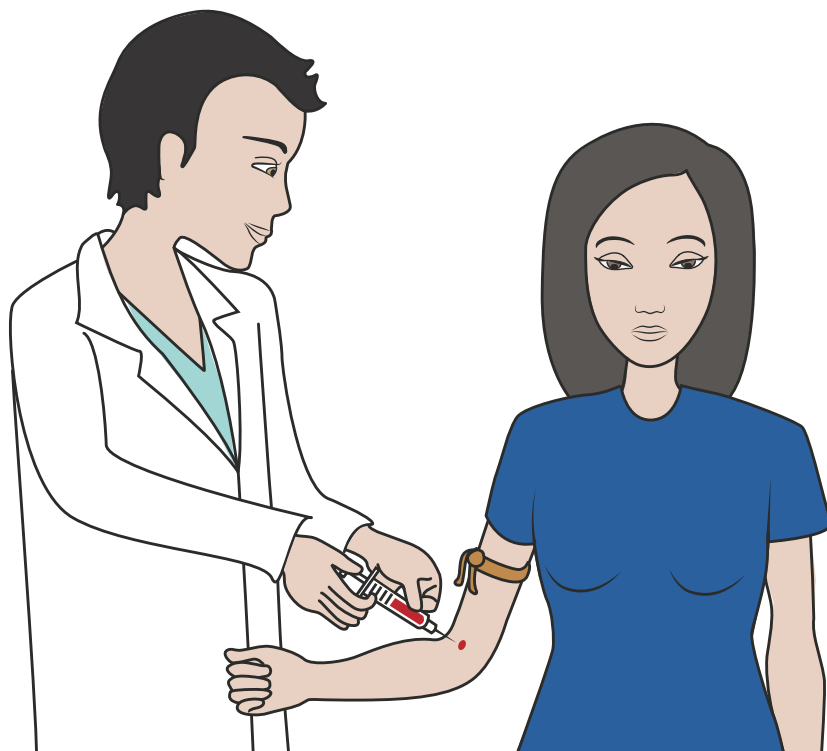
# After the exam, the doctor or midwife :

Explains everything to me.

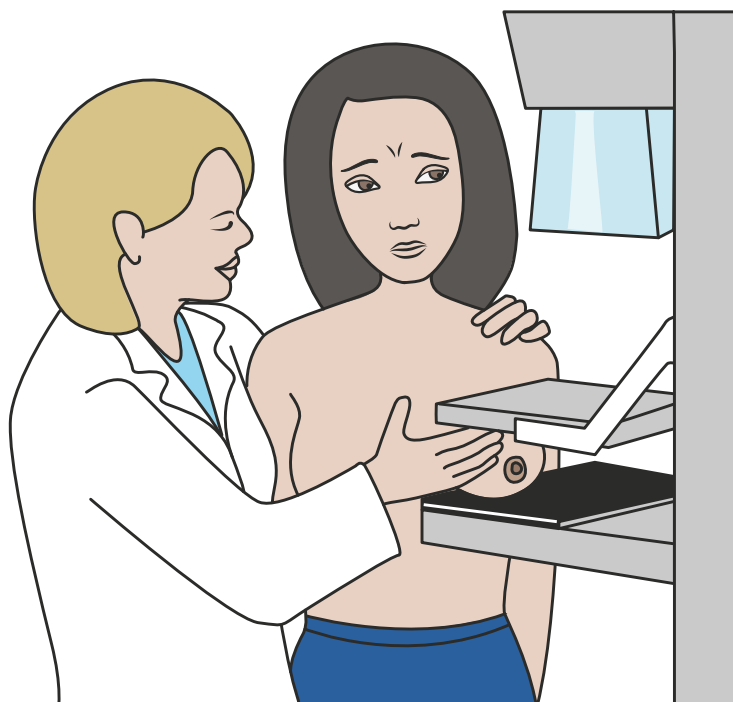


She can ask that I :

- Get my blood drawn.



- **get a mammogram once I turn 25.**  
See the booklet on "I am going to get a mammogram."



- **get other exams : breast ultrasound, MRI or biopsy.**  
She will give me a detailed prescription.

**Everything that I say remains secret between us.**

- **I can say anything.**



**This document was validated by the National Syndicate for  
OB-GYNs in France.**



**SantéBD Multilingual is a project supported by the Orange Foundation.**



## Where can I find SantéBD booklets?

- **On the internet:**

Visit the website: <http://www.santebd.org>



- **On my tablet or smartphone:**

Download the SantéBD app from:



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## All SantéBD booklets are free.

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[contact@coactis-sante.fr](mailto:contact@coactis-sante.fr)

SantéBD booklets are produced in partnership with different participants from the world of healthcare and working with disabilities. Illustrations by Frédérique Mercier.

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MAIRIE DE PARIS



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