

Sterile vaginal exam

Purpose:

1. Sterile vaginal examinations will be done by a qualified RN, CNM or MD to determine progress and status of labor as evidenced by dilation and effacement of cervix, station of presenting part and presentation of fetus.
2. Patients with vaginal bleeding, premature rupture of membranes, or premature labor are not examined vaginally without MD order.
3. To avoid unnecessary potential for infection vaginal exams are only done as warranted by patient's signs & symptoms of progress or provider order.

Procedure:

1. Explain procedure to patient, screen for privacy, assist patient into appropriate position.
2. Maintain sterility of exam glove on hand of choice for exam. Apply sterile water-soluble lubricant to the index and middle finger.
3. Note cervical effacement, dilation, station as well as position.
4. Inform patient of findings and record in EHR.

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