Objectives:
At the end of this workshop you will be able to:

- Model a perfect bimanual examination
- List the risks of instrumenting a uterus
- List the contraindications to IUDs for contraception
- Do a paracervical block, endometrial biopsy, and IUD insertion (on a papaya)
- Aspirate and curette a papaya

The Workshop

I. GYN examination
   a) Usual order of pap smear and bimanual
   b) Techniques:
      i. How do you do a pap?
      ii. A bimanual? What about a bimanual to figure out the cause of pelvic pain?
   c) If you’re going to instrument uterus: do a bimanual BEFORE!
      i. Uterine position
      ii. Perforation risks

II. Endometrial Biopsy
   a) Review clinical indications
   b) Practice on the papaya
   c) Review no-touch technique
   d) Discuss paracervical blocks—Do you need one or not?
      i. Techniques?
      ii. Tenaculum?

III. IUD Placement
   a) Review basic clinical points
   b) Review order of procedure
   c) Place paracervical block
   d) Place tenaculum
   e) Sound uterus
   f) Place Mirena and Paragard – first on the uterus coasters, then papaya

IV. Manual Uterine Aspiration (MUA)
   a) Review clinical indications
      i. Management of spontaneous abortion (SAB)
      ii. Elective termination
   b) Talk about size of uterus, size of cannula
   c) Electric versus manual aspiration
   d) Review order again
   e) Aspirate the papaya with the MUA
   f) Curette to feel texture of papaya