



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