**PROCEDURE CHECKLIST**  
Chapter 19: Assessing the Female Genitourinary System

Check (✔) Yes or No

<table>
<thead>
<tr>
<th>PROCEDURE STEPS</th>
<th>Yes</th>
<th>No</th>
<th>COMMENTS</th>
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<tbody>
<tr>
<td>1. Instructs client to disrobe to expose the pelvic area.</td>
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<td>2. Positions patient in lithotomy or Sims position, providing support as needed.</td>
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<td>3. Inspects external genitalia.</td>
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<td>a. Notes distribution and condition of pubic hair.</td>
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<td>b. Inspects mons, pubis, and labia for color, lesions, and discharge.</td>
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<td>4. Wearing gloves, uses thumb and index finger to separate the labia and expose the clitoris; observes for size and position.</td>
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<td>5. With labia separated, observes urethral meatus and vaginal introitus for color, size, and presence of discharge or lesions. Then asks client to bear down while observing the introitus for bulging or discomfort.</td>
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<td>6. Palpates Bartholin’s and Skene’s glands.</td>
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<td>a. Lubricates gloved middle and index fingers of dominant hand with water soluble lubricant.</td>
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<td>b. Palpates Bartholin’s gland by inserting fingers into the introitus and palpating the lower portion of the labia bilaterally between thumb and fingers.</td>
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<td>c. Palpates Skene’s glands by then rotating the internal fingers upward and palpating the labia bilaterally.</td>
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<td>d. Milks the urethra by applying pressure with index finger on the anterior vaginal wall; cultures any discharge.</td>
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<td>7. Assesses vaginal and pelvic muscle tone by inserting 2 gloved fingers into the vagina and asking the woman to constrict her vaginal muscles, and then to bear down as if she is having a bowel movement.</td>
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<td>8. Palpates lymph nodes in the groin area and the vertical chain over the inner aspect of the thigh.</td>
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**Recommendation:**  Pass _____ Needs more practice _____

Student: ____________________________ Date: ________________

Instructor: __________________________ Date: ________________

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