

# A Visit to the Gynaecologist



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**Edited by:** Mateja Turk

**Translation and linguistic revision:** Soglasnik Language Cooperative

**Revision and adaptation of easy-to-read content in Slovenian:**

Mario Bogar, Mario Hainc, Magda Janžekovič, Marjetka Levar, Jožica Stropnik, and Tatjana Knapp

**Expert revision:**

Vojka Lipovšek Polc, Vera Resnik, and Saša Fužir

**Illustrations:** Peter Gaber

**Design:** Kalipso d.o.o.

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## A Visit to the Gynaecologist

**This booklet will teach you:**

- What is a gynaecological examination
- How to prepare for a gynaecological examination
- What happens during a gynaecological examination
- When you should see your gynaecologist



## A visit to the gynaecologist

Every adult woman should visit her gynaecologist regularly.

She should get an examination every 3 years.

The examination is made by a doctor called a **gynaecologist**.

The gynaecologist examines the woman to see if her sexual organs are healthy.

**Female sexual organs** are in the lower part of the belly.

Thanks to them, the woman can have a baby.

The female sexual organs are:

- ovaries,
- fallopian tubes,
- uterus,
- vagina.

The gynaecologist first examines the woman's sexual organs to see if they are healthy.

The gynaecologist helps the woman choose **contraception**.

Contraception protects the woman from getting pregnant.



## How do you choose your gynaecologist

You should choose your gynaecologist carefully.

The gynaecologist must be suitable for you.

You can ask someone close to you to help you choose a gynaecologist.

For example, you can ask your mother, assistant, or friend to help you.

If you aren't happy with your gynaecologist, you can change them.

A girl should see the gynaecologist for the first time when she gets her first period.

If the woman has problems, she can see the gynaecologist sooner than that.



## When to plan your visit to the gynaecologist

You should make an appointment for your visit to the gynaecologist. Schedule your visit at a time when you don't have your period.

You should keep a **menstrual calendar**. Use it to mark the days when you have your menstruation. You can use a smart phone **application**. An application is a special programme.



## What to do so you won't be afraid of the examination

You can be nervous because of the examination.

Or you can be slightly scared.

This is normal.

Every woman experiences  
gynaecological examinations differently.

You shouldn't be afraid.

If you are afraid,  
tell your gynaecologist right away  
what you are afraid of.

Tell your gynaecologist what would calm you down.

The gynaecologist will do their best,  
so that the examination  
will run as smoothly as possible.

Some women feel better if someone  
accompanies them to see the gynaecologist.  
For example their mother, assistant, or friend.



## How can you prepare for a gynaecological examination

Prepare for the examination at home.

You should:

- prepare your menstrual calendar,
- wash your genitalia well – this means that you wash between your legs,
- wear appropriate clothes.

Some women feel better if they wear a dress or a skirt.

You don't have to take off a dress or skirt during examination.

But you have to take off your:

- trousers,
- stockings,
- knickers.



## What happens at the gynaecological examination

### What is a regular gynaecological examination

You must see your gynaecologist regularly.  
The gynaecologist will examine you to see if your sexual organs are healthy.

A woman should get examined every 3 years.  
You can also see your gynaecologist if nothing is wrong with you.  
You will schedule your next appointment with the gynaecologist.





## What happens during the examination

Before the examination, the nurse or the gynaecologist asks you different questions.

For example, when was your last period.

You should have your menstrual calendar with you.

You can also memorise the date of your last period.

The gynaecologist will ask you if you have any **gynaecological problems**.

Gynaecological problems are, for example, problems with your period or vaginal discharge.

The nurse will show you where to undress.

Usually, you undress behind a curtain or in a special room.

You take off your trousers or leggings, stockings and knickers.

You don't have to take off your dress or skirt.



## What happens during the examination

The gynaecologist will examine you in the doctor's office.

The gynaecologist examines if your ovaries, fallopian tubes, and uterus are healthy.

You sit on the gynaecological chair.

The chair looks like a bed.

There are two supports on the chair.

You put your feet on the supports.

The gynaecologist puts on rubber gloves.

The gynaecologist puts the fingers of one hand in your vagina.

With the other hand, the gynaecologist feels different parts of your belly.



## What happens during a cervix exam

The gynaecologist examines your **cervix**.  
The cervix is the entrance to the uterus.

First, the gynaecologist inserts  
a special device into the vagina.  
Some women find this unpleasant.  
They may feel chafing or a cold sensation.  
They may feel pain.

Then, the gynaecologist looks  
through a special telescope.  
The gynaecologist examines  
if everything is alright with your cervix.

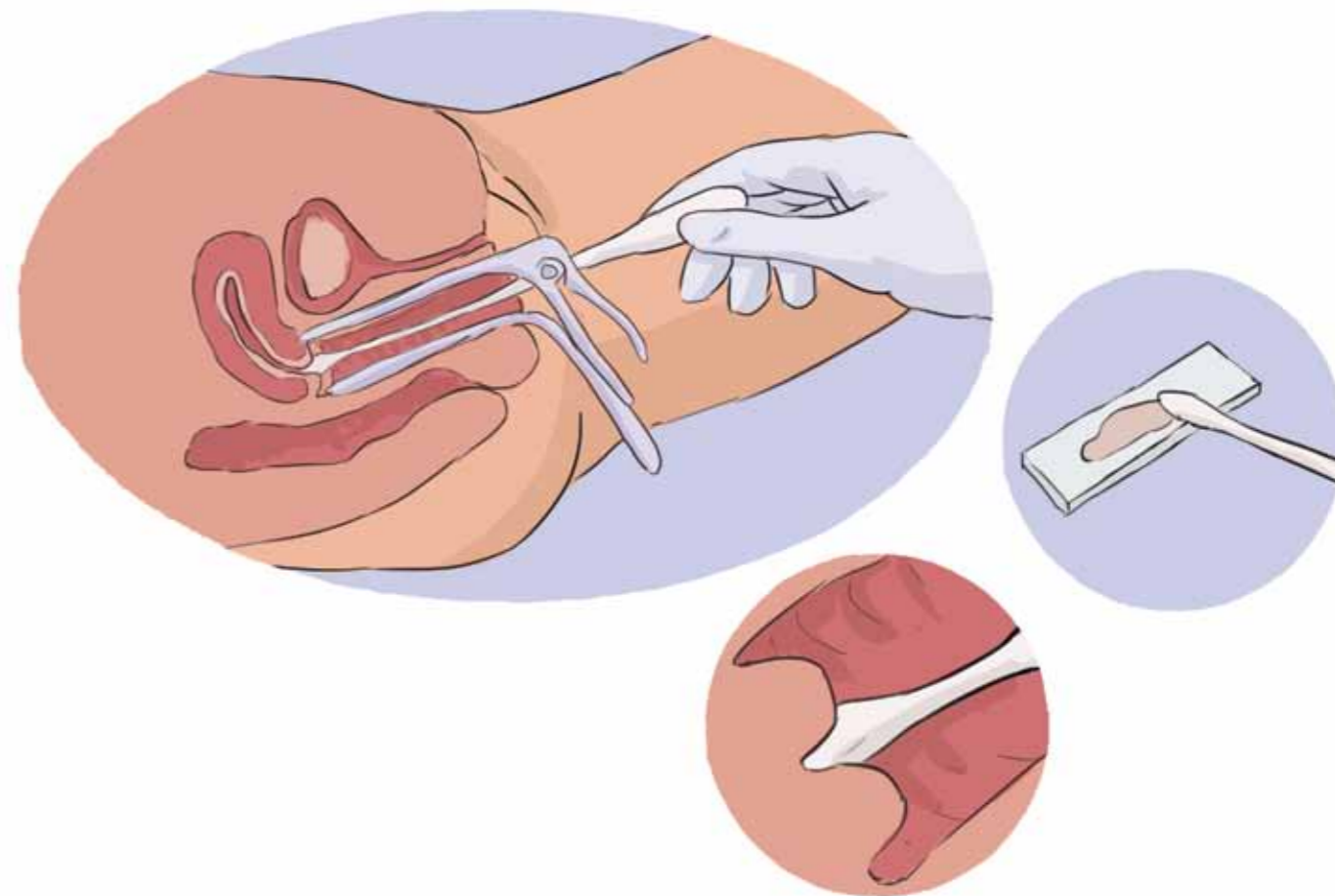


## What is a vaginal smear

The gynaecologist also takes a vaginal smear. First, the gynaecologist opens the vagina with special pliers. Then, the gynaecologist puts a cotton brush in the vagina. The cotton brush looks like the cotton bud that is used for cleaning ears. The gynaecologist uses the brush to rub inside the vagina. The brush is then covered with traces from the vagina. We call these traces a **smear**.

The gynaecologist sends the brush with the smear to the laboratory. In the laboratory, experts examine the smear under a microscope. They check if everything is alright with your cervix. They send the results back to your gynaecologist.

The gynaecologist will call you when the results come in.



## What is an ultrasound of the belly

The gynaecologist can also take an **ultrasound**.

The ultrasound is a device that shows the inside of our body.

The ultrasound looks like a round device or like a tube.

With the round device, the gynaecologist slides across the woman's belly.

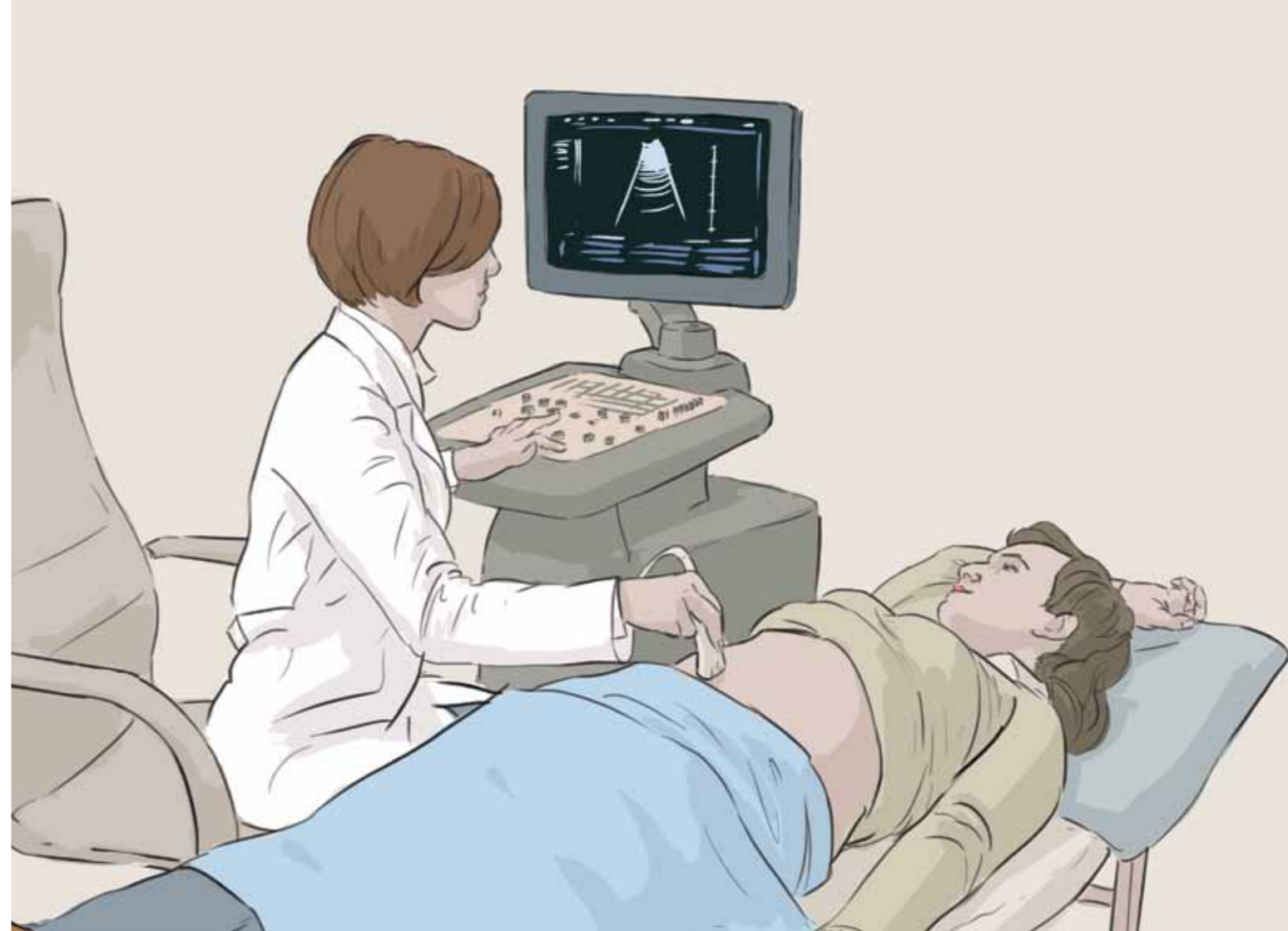
Sometimes, the gynaecologist inserts a tube-like device into the woman's vagina.

The gynaecologist usually uses an ultrasound to examine the ovaries and the uterus.

On the monitor, you can see the inside of your belly.

The gynaecologist will tell you if everything is alright with your sexual organs.

The gynaecologist will also tell you if you're pregnant.



## What happens during a breast exam

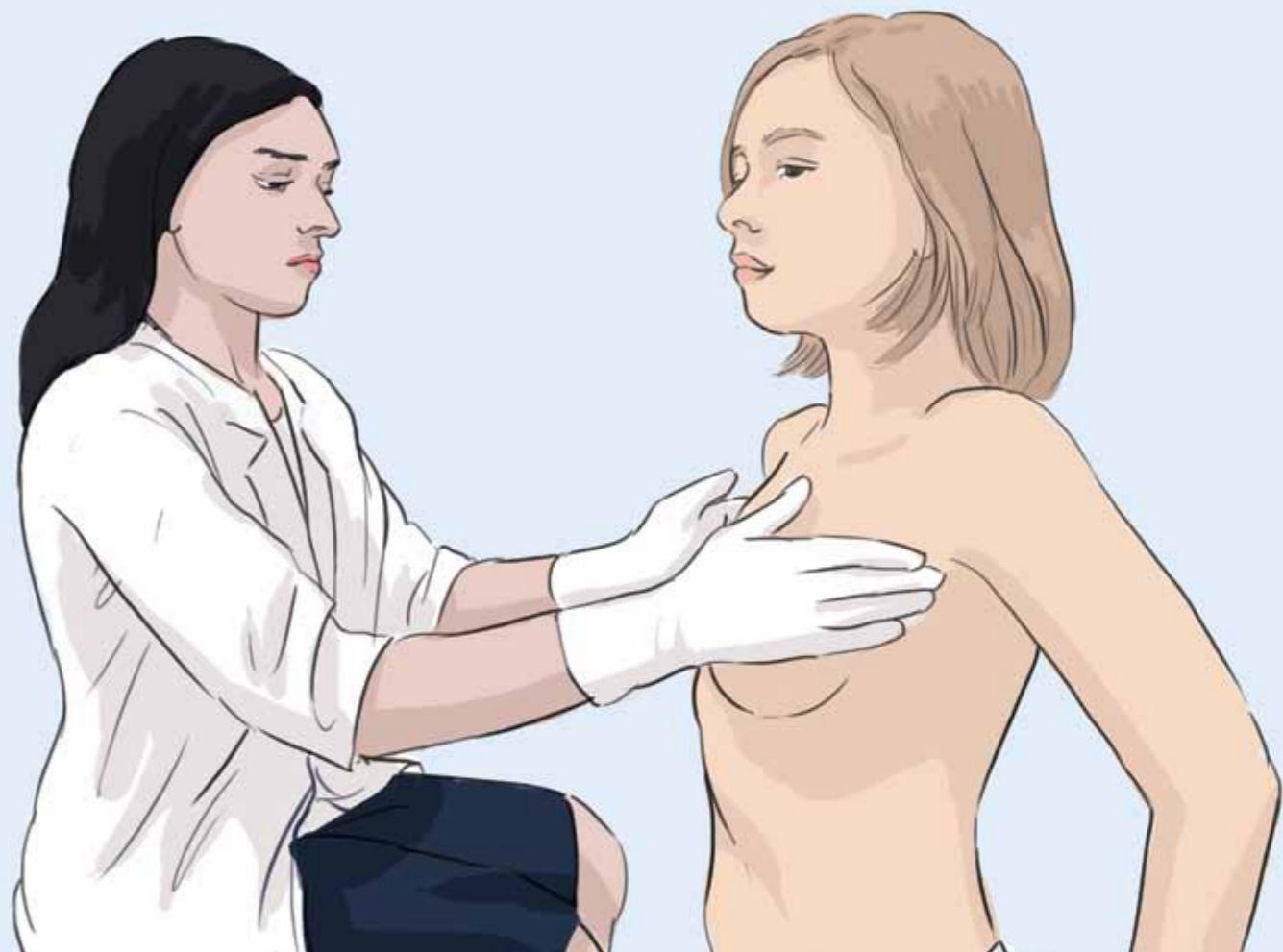
Breasts are also called **bosoms**.

The gynaecologist will examine your breasts to see if everything is alright with them.

First, you have to take off your shirt and bra.

The gynaecologist will feel your breasts with her/his hands.

This is to see if there are any lumps in your breasts.



## What do you find out at the end of the examination

After the examination, you get dressed.

The gynaecologist tells you  
if your sexual organs are healthy.

The gynaecologist also tells you  
if there is something wrong  
and prescribes you medications.

Sometimes,  
the gynaecologist will send you  
to a specialist  
who will do extra examinations.



## When you should see your gynaecologist

You can see your gynaecologist if you have different problems:

- problems with your period,
- problems with your vaginal discharge,
- if your genitalia itch,
- if you feel pain in the lower part of your belly,
- if you discover lumps in your breasts.

You should also see your gynaecologist when you need advice about contraception.

### Problems with your period

You should visit the gynaecologist if you have problems with your period.

Period problems are:

- heavy bleeding,
- bleeding that lasts more than one week,
- if you have a period more than once a month,
- if you don't have your period,
- if your periods are very painful.





## What is vaginal discharge

You should visit your gynaecologist if you have a strong **vaginal discharge**.

This means

that mucus comes out of your vagina.

The mucus is similar to snot.

It makes your knickers wet and dirty.

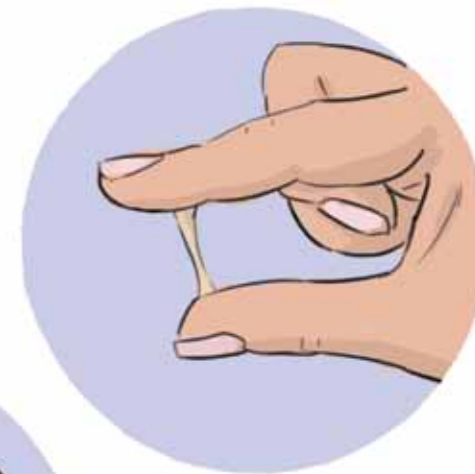
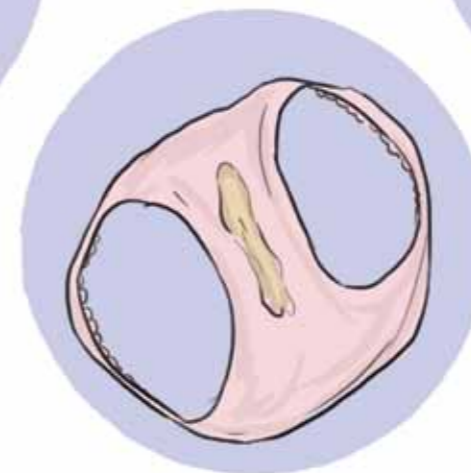
Sometimes the discharge has a bad smell and a brown colour.

## What are problems with genitalia

You should visit your gynaecologist if you have problems with your genitalia.

You should visit your gynaecologist if your genitalia:

- itch,
- ache,
- burn.



## Advice about contraception

The gynaecologist will give you advice about contraception.

Contraception protects women from getting pregnant.

You use contraception

when you want to have sex with your partner  
but you don't want to get pregnant.

Some types of contraception also protect you  
from sexually transmitted infections.

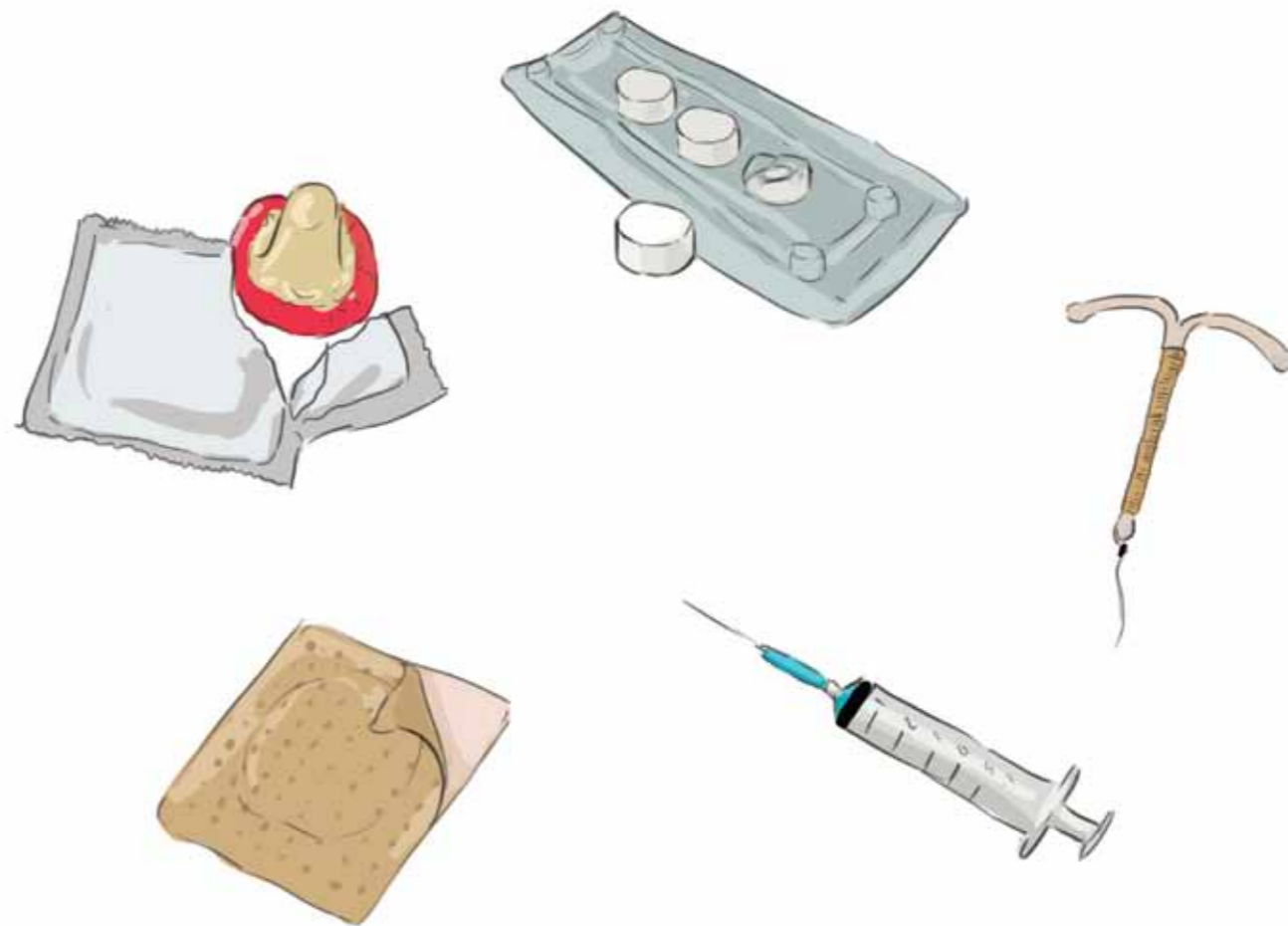
## Other problems

You can also have other problems.

If you're not sure what is wrong with you  
you should visit your personal doctor.

The doctor will advise you what to do.

The doctor will also advise you about  
which **specialist** to see.





ZVEZA  
**SOŽITJE**

Sožitje Association – The Slovenian Association for Persons with Intellectual Disabilities.  
Address: Samova 9, 1000 Ljubljana, Slovenia

Telephone number: 00386 1 43 69 750

Email: [info@zveza-sozitje.si](mailto:info@zveza-sozitje.si)

Website: [www.zveza-sozitje.si](http://www.zveza-sozitje.si)

**Easy-to-read booklet**



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## Further reading:

### Being a Woman



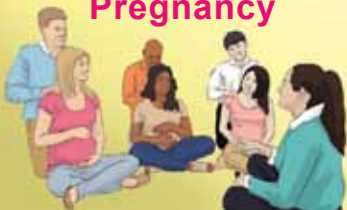
### Being a Man



### Love, Sex and Me



### Pregnancy



### Childbirth



### Sexual Violence



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