Taking a Gynaecological History

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<table>
<thead>
<tr>
<th>Terminology</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Menarche</td>
<td>Age or date of first menstruation (10-16)</td>
</tr>
<tr>
<td>Menopause</td>
<td>Age or date of last spontaneous period (40-55 average 51)</td>
</tr>
</tbody>
</table>
## Menstruation

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Cycle</strong></td>
<td>No. of days between Day 1 of period to Day 1 of next (Normal 21-35)</td>
</tr>
<tr>
<td><strong>Duration</strong></td>
<td>Number of days of bleeding (Normal 2-7)</td>
</tr>
<tr>
<td><strong>Withdrawal bleed</strong></td>
<td>Bleeding after cessation of exogenous oestrogen +/- or progestagen</td>
</tr>
</tbody>
</table>
# Menopause

<table>
<thead>
<tr>
<th>Menopause</th>
<th>Cessation of menstruation due to exhaustion of primordial follicles</th>
</tr>
</thead>
<tbody>
<tr>
<td>Climacteric</td>
<td>Years preceeding menopause, patient still menstruating</td>
</tr>
<tr>
<td>Postmenopausal bleed</td>
<td>Any vaginal bleeding one year or more after menopause, not provoked by exogenous hormones</td>
</tr>
</tbody>
</table>
## Abnormalities of Menstruation

<table>
<thead>
<tr>
<th>Dysmenorrhea</th>
<th>Painful menstruation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Menorrhagia</td>
<td>Excessive menstrual blood loss</td>
</tr>
</tbody>
</table>
### Abnormalities of menstruation

<table>
<thead>
<tr>
<th>Condition</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Primary Amenorrhea</td>
<td>Absence of spontaneous menstruation by 16 years of age</td>
</tr>
<tr>
<td>Secondary amenorrhea</td>
<td>Cessation of menstruation for 6 months or more</td>
</tr>
<tr>
<td>Oligomenorrhea</td>
<td>Menstrual intervals of 6 weeks to 6 months</td>
</tr>
<tr>
<td>Non-menstrual bleeding</td>
<td></td>
</tr>
<tr>
<td>---------------------------------------------------</td>
<td>--------------------------</td>
</tr>
<tr>
<td>Intermenstrual bleeding</td>
<td>Bleeding between periods</td>
</tr>
<tr>
<td>Postcoital bleeding</td>
<td>Bleeding after intercourse</td>
</tr>
<tr>
<td>Breakthrough bleeding</td>
<td>Bleeding during hormonal therapy e.g. OCP or HRT</td>
</tr>
</tbody>
</table>
## PAIN

<table>
<thead>
<tr>
<th>Pain Condition</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dyspareunia</td>
<td>Pain during or following sexual intercourse</td>
</tr>
<tr>
<td>Dyschezia</td>
<td>Pain during defaecation</td>
</tr>
<tr>
<td>Mittleschmerz</td>
<td>Pain at ovulation</td>
</tr>
</tbody>
</table>
Taking a Gynaecological History

- Age at menarche
- Menstrual cycle
- Regularity
- Duration
- Any intermenstrual bleeding?
- Any post-coital bleeding?
When was your last menstrual period?
Taking a Gynaecological History

- Menorrhagia?
- Dysmenorrhea?
- Pain
- Urinary symptoms
- Sensation of prolapse
Taking a Gynaecological History

• Sexually active or not?
• Currently/ever?
• Contraceptive use?
• History of sub-fertility, past/ current?
• Wishes for present and future fertility
• If menopausal, current or previous use of HRT
Gynaecological Procedures/Investigations

- Date of last cervical smear + result
- Any gynaecological operations?
- Laparoscopy
- Hysteroscopy
- Dilatation and curettage
Sexual History

Number of partners is not relevant except in an STD clinic

DO NOT ASK
Additional Relevant History

- Obstetric history
- Medical, surgical, social history
- Medications
- Weight gain/loss, dieting, exercise
- Hirsutism, acne
Family History

- Maturity onset diabetes?
- History suggestive of thrombophilia?
- Endometriosis
- Breast, ovary, endometrial and colonic carcinoma.
- Age of menarche and menopause in other female relatives when relevant
Gynaecological Examination

- Height, weight, body mass index
- General physical examination
- Where relevant, secondary sexual characteristics
- Breast exam in women over 30 with chaperone and consent if not done recently
- Abdominal and pelvic examination
Abdominal Examination in Gynaecology

- Masses especially mass arising out of pelvis
- Size is referred to in relation to a pregnancy e.g. “16 weeks size”
- Ascites
- Tenderness
- Rebound tenderness
Pelvic Examination

- Inspection of vulva and perineum
- Vagina – prolapse?
- Speculum examination cervix and vagina
- Bimanual examination of uterus and adnexa
Bimanual Examination

- Size of uterus
- Position
- Mobility
- Tenderness
- Adnexal masses and tenderness
- Cervical excitation
Code of Practice for Pelvic Examination

- Chaperone
- Explanation and consent
- No personal comments
- Gloves on both hands
- Gentleness