

Gynecologic Services During Your Sickle Cell Visit

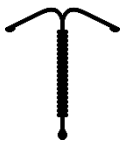
We are excited to make gynecological visits available with your care for sickle cell disease. As Obstetrician-Gynecologists, we can address a range of questions and concerns, including:

- Routine pelvic exams
- Assessment of pelvic pain
- Testing for sexually transmitted diseases
- Vaccine recommendations

We hope this will reduce your number of office visits and make it easier for you to get the care you need while allowing your providers to collaborate over your care. We are offering the services below during the afternoon on the fourth Wednesday of each month. You may request your next appointment during this time to receive any of the following services:

Birth control

Birth control is also called contraception. You can get a prescription for a contraceptive method during a gynecologic visit; a physical exam may not be necessary. Although it is commonly used to prevent pregnancy, many choose to begin a method because of other desired effects, such as management of symptoms related to sickle cell disease.



During sickle cell clinic, we offer prescriptions for the pill, patch, ring, or Depo Provera shot. Others options, such as the implant or intrauterine device (see device on the left) may be available for insertion in our gynecology clinic in the Von Voigtlander Women's Hospital.

Your provider will review your medical history with you and can help you choose a suitable method to meet your needs.

Screening tests

We can provide several screening tests during your visit, including chlamydia, gonorrhea, other sexually transmitted infection, and a cervical cancer screening. You and your provider will discuss whether or not you need a pelvic exam for these screening tests.



The **Pap test** looks for cell changes on the cervix that can become cancer if not treated appropriately. Pap tests collect cells from the cervix. The **cervix** is the lower part of the uterus, which can be examined with a medical tool called a speculum. Your provider will help you determine which tests, if any, are best for you.



Vaccinations

We recommend most adolescents receive a series of three vaccines to protect against the Human Papillomavirus (HPV). **HPV** is a common virus passed through skin-to-skin sexual contact, including vaginal, oral, and anal sex. The Gardasil vaccine protects against the four most common types of HPV that causes cervical cancer and genital warts.

Breast exam

Breast exams are usually done at the same time as your pelvic exam or Pap test, which is every 1-3 years. Your provider will feel for bumps or other changes in breast tissue. You can also do at-home breast exams. You can request a routine breast exam during your sickle cell visit or address any concerns you may have.



Pelvic exam

A **pelvic exam** is an examination of the vagina, vulva, cervix, ovaries, fallopian tubes, and uterus. Your provider may examine the cervix with their hand and may gently press on the abdomen (belly) to feel your uterus and ovaries.

This exam may or may not include a speculum exam, depending on your age and individual needs. A **speculum** is an instrument made of metal or plastic that is inserted into the vagina and gently opened to allow a medical provider to see the cervix. The speculum can cause pressure, but is generally not painful.

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