Common Findings on Physical Exam

Examination of a patient with symptomatic diverticular disease, such as acute diverticulitis, may reveal the following:

_Bimanual exam_ – Lubricate your index and middle fingers of your examining hand and insert them into the vagina while exerting pressure posteriorly. Palpate the vaginal walls posteriorly, laterally and anteriorly including the urethral and bladder region. Note any nodularity or tenderness. Palpate into the fornices around the cervix. Next, using your other hand, press down on the suprapubic region to exam the uterus. An anteverted uterus will be palpable on bimanual exam, while a retroverted uterus may only be palpable on rectovaginal exam. Identify any masses or tenderness, which may suggest a colouterine fistula.

References: