Common Findings on Physical Exam

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

*Female pelvic exam:* This will be necessary in a patient whose history suggests the presence of a colovesical or colovaginal fistula.
- Begin by examining the external genitalia for any signs of discharge or ulceration.
- Next you would determine the location of the cervix – first lubricate your index finger with warm water and insert it gently into the vagina, applying downward motion to relax the vaginal sphincter, then locate the firm, rounded cervical surface. This will help direct the speculum more accurately.
- Select a speculum of appropriate size that has been lubricated with warm water. Insert the speculum at an oblique angle to avoid the sensitive anterior structures. Open the speculum and direct it accordingly until the cervix comes into full view.
- At this point look for any granulation tissue or sites of drainage, which may be at the apex of the vaginal cuff. Normal cervical discharge varies from clear to white and thin to thick, and is usually odorless. If colored or malodorous, examine the discharge microscopically and culture it.

References:
