

WELL-WOMAN EXAM

Patient's Name _____

Patient section

Please answer the following questions. This will help your physician identify possible problems.

Your age: _____

When was your last mammogram? _____

When was your last period? _____

When was your last PAP test? 1 yr 2 yrs >3yrs

Were the results normal? Yes No

Have you ever had an abnormal PAP test? Yes No

How often do you usually get your period? every ___ days

Are your periods usually regular? Yes No

How many days do your periods usually last? _____ days

The blood flow is: Light Moderate Heavy

Do you have any bleeding between periods? Yes No

Do you have any vaginal discharge? Yes No

Are you sexually active? Yes No

If yes, do you and your partner use birth control? Yes No Method: _____

Have you ever had a sexually transmitted disease?

Yes No

Has your mother ever been exposed to DES? Yes No

Have you ever used fertility medicines? Yes No

Do you have hot flashes? Yes No

Are you on hormone replacement? Yes No

Do you smoke? Yes No

How often do you perform self breast-exams?

Less often than monthly Monthly

Do you have a history of breast problems? Yes No

Have you ever been abused? Yes No

Do you feel safe? Yes No

Is there any family history of:

Breast cancer? Yes No

Colon cancer? Yes No

Uterine cancer? Yes No

Ovarian cancer? Yes No

Other cancers? Yes No

Osteoporosis? Yes No

Heart disease? Yes No

Do you have any allergies? Yes No (list them below)

On a scale of 0 to 10, with 0 being no symptoms and 10 being severe symptoms, how would you describe the following (please circle):

Pain during your usual period:

0 1 2 3 4 5 6 7 8 9 10

Pain during sex:

0 1 2 3 4 5 6 7 8 9 10

PMS (premenstrual tension syndrome):

0 1 2 3 4 5 6 7 8 9 10

If you have been pregnant, please indicate how many:

Pregnancies ___ Abortions ___ Living children ___

Full-term live births ___ Premature births ___

Please list any other concerns: _____

Physician section:

Abnormals should be described below or on the reverse side of this form. For VS and allergies, see separate note in chart.

NI Abn

HEENT

THYROID

LUNGS

HEART

NI Abn

ABDOMEN

SKIN

EXTREMITIES

NEURO

If there are any abnormalities, circle the specific one(s) and describe below or on reverse.

NI Abn

BREASTS

Masses Lumps Tenderness Symmetry

Nipple discharge Axilla

EXTERNAL GENITALIA

Appearance Hair distribution Lesions

URETHRA & MEATUS

Size Location Lesions Prolapse

Masses Tenderness Scarring

VAGINA

Appearance Estrogen effect for age/meds

Discharge Lesions Pelvic support

Cystocele Rectocele

CERVIX

Appearance Lesions Discharge

UTERUS

Size Contour Position Mobility

Tenderness Consistency Support

ADNEXA

Masses Tenderness Organomegaly Nodularity

BLADDER

Fullness Masses Tenderness

ANUS & PERINEUM

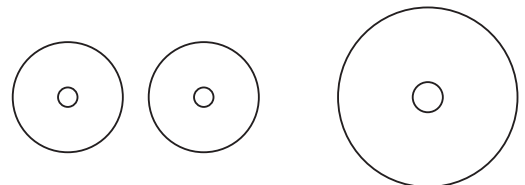
RECTAL

Tone Hemorrhoids Masses

HEMOCCULT

KOH/WET PREP

ACETIC ACID WASH



A: Normal gyn/pap Family planning Pregnancy HRT

P: Pap HRT info given Caffeine ed Stool OB

BSE info Flex sig Calcium ed

Mammogram _____ Dexa Heel Full

Return for pap 1 year or _____ RTC _____