

Your Daughter's First Gynecologic Visit

What to expect
How to prepare



By Dr. Andrew Krinsky, MD, FACOG

Did you know, that The American College of Obstetrics & Gynecology recommends that all girls routinely see the gynecologist between the ages of 13-15? This applies even if there are no immediate concerns.

This important visit for a young girl should not be accompanied by fear or anxiety. The right preparation & discussion with your daughter will make it a pleasant experience.

Before the visit I suggest sharing some reading material with your daughter regarding her first exam. I often provide this to you, or it can be obtained online. A good source is the ACOG Website www.acog.org.

Unlike previous health choices for your child, it's wise to involve her in making the choice of her physician. Here are some ways to consider your daughter's preferences. What type of health professional would she prefer; a male or female, older or younger? Explain as you both have experienced in choosing a pediatrician, that the personality, gentle touch, knowledge, experience & compassion are all very important.

I am frequently honored that my patients have the confidence in me to suggest that I see their daughters. If so, I suggest you reassure her that even though mom may be a patient in the practice, your daughter can speak to me confidentially with respect to her privacy.

I explain to the patient that while her mom is her best friend, she may be comfortable in sharing everything. However, there may come a time when faced with a situation, she may not know where to turn. Having a relationship with her gynecologist gives her the option to pick up the phone & call us confidentially with any concern. I emphasize that no matter what the concern, her mom & I both want her to get the very best care possible. Even if her mom is also a patient, anything a daughter tells me is confidential.



Prepare for your visit. Schedule an exam for a day when you don't have your period. That way it will be more comfortable, but if you unexpectedly get it, it's not a big deal; you can still come in or just reschedule.

Although usually not done at the first visit, there may occasionally be the need for a pelvic exam, especially if you are having pain, discharge or other symptoms, or if there is a concern about a possible gynecologic problem.

You may be worried about your first pelvic exam. It is very common to be anxious and nervous; especially not knowing what to expect. It is also normal to feel embarrassed. I will reassure you that it is simple, not painful and takes less than 5 minutes. I understand how you feel. I will explain the procedure and show you any instruments I may use for the exam. Along with my assistant, we will help you to relax.

Following the exam is the opportunity to discuss any findings in the medical history or exam. I will make recommendations based on your individual needs and concerns. I may suggest certain testing, blood work, or preventative measures to maintain excellent health going forward while also answering your questions and concerns.

Together as a team I will guide you in beginning the task of learning about, as well as continuing in, the practice of excellence in your gynecologic care.

Please call now to schedule you or your daughters FREE Wellness Consultation.

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