



TEXAS TECH UNIVERSITY HEALTH SCIENCES CENTER™ Jenna Welch Women's Center

Welcome to the Jenna Welch Women's Center Adolescent Health Clinic. We would like to thank you for choosing us for your women's health needs. We want you to feel comfortable at your first visit with us and know what to expect from the gynecologist and nurses. Below are just a few informational points about your first gynecologic visit.

- ❖ Girls should have their first gynecologic visit between the ages of 13 and 15 years. The first visit may be just a talk between you and your doctor. You may also have certain exams.
- ❖ The first visit is a good way for you and your doctor to get to know each other. You can find out what to expect at future visits and get information about how to stay healthy. You can ask questions about your body, growing up, and sex.
- ❖ Your doctor may ask a lot of questions about you and your family which may seem personal, including questions about your menstrual period and sexual activities (including vaginal, oral, or anal sex). Your doctor needs to ask these questions to best know how to care for you. Giving honest answers is key to your care. Much of the information you share can be kept confidential.
- ❖ Many young women share the same health concerns. Most of these concerns are a normal part of growing up including cramps and problems with menstrual periods, acne, weight control, sex and sexuality, birth control, STDs, alcohol, drugs, smoking, and emotional ups and downs. Don't hesitate to talk to your doctor about these concerns as this is a key step to staying healthy.
- ❖ You may have certain exams at your first visit including a general physical exam, an external genital exam, and a pelvic exam with Pap test.
- ❖ You usually do not need to have a pelvic exam at the first visit unless you are having problems, such as abnormal bleeding or pain. Most women do not have a Pap test until 21 years of age which tests for abnormal changes in the cervix that could lead to cancer. In many instances, a painless abdominal ultrasound is performed as an alternative to a pelvic exam.
- ❖ If you are sexually active, you may have tests for certain sexually transmitted diseases (STDs). Most of the tests that teens need can be done by the doctor with a urine sample. You also may have certain vaccinations, including Gardasil. This vaccination is very important in the protection against Human Papillomavirus (HPV) which can cause cervical cancer.
- ❖ During the general physical exam, your height, weight, and blood pressure will be checked. You also will be examined for any other health problems you may have.
- ❖ During the external genital exam, the doctor looks at the vulva. She may give you a mirror so that you can look at the vulva as well. This exam is a good way to learn about your body and the names for each part.
- ❖ If needed, during the pelvic exam, the doctor will look at the vulva, look at the vagina and cervix with a speculum, and check the internal organs with a gloved hand. When you have a Pap test, a sample of cells is taken from your cervix with a small swab.

*We look forward to visiting with you.
If you are a self-pay patient, please review
the attached handout for payment
information. Please feel free to contact us
if you have any questions or concerns at:*

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