

Gynecological Exam Preparation Guidelines

Dear [Patient's Name],

We appreciate your commitment to your health and want to provide you with some important guidelines to help you prepare for your upcoming gynecological exam.

Preparation Instructions:

- **Schedule your appointment:** Ensure you have a confirmed appointment date and time.
- **Avoid intercourse:** Please refrain from sexual intercourse for at least 24 hours prior to your exam.
- **Avoid douching:** Do not use douches, vaginal creams, or medications for 48 hours before your visit.
- **Prepare your medical history:** Bring a list of any medications you are currently taking and any relevant medical history.
- **Wear comfortable clothing:** Choose attire that allows easy access to the examination area.

What to Expect:

Your gynecological exam will involve a physical examination, including a pelvic exam and a breast exam. We will discuss any concerns you have and perform necessary screenings.

If you have any questions or need to reschedule, please contact our office at [Office Phone Number].

Thank you for choosing us for your healthcare needs.

Sincerely,
[Your Name]
[Your Title]
[Your Practice Name]