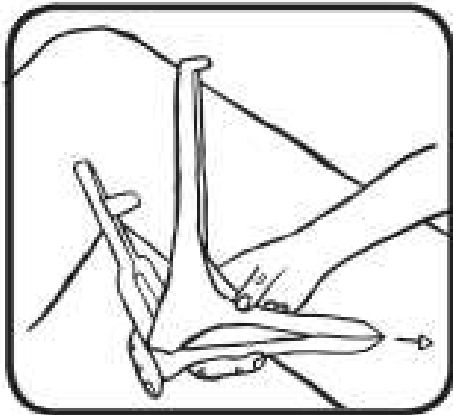
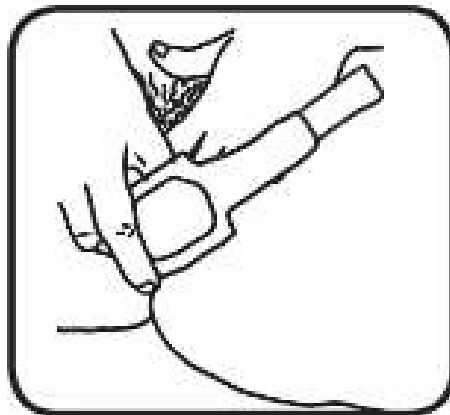


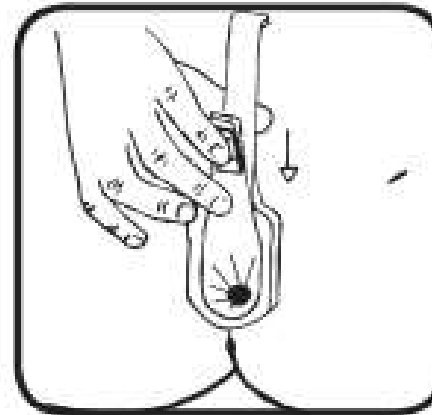
Self Speculum Exam Instructions



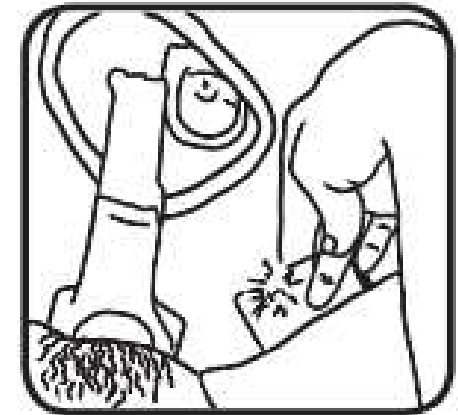
Hold the speculum upside down between your middle finger and thumb. Rest your index finger on the back. Put some lube on the end.



Place the speculum into your vagina at a 45° angle, rotating as you go.



When the two handles are straight up and down, press them together completely. Slide the short handle down to lock it in place.



Use a mirror and flashlight to see your cervix.

Removal: Unlock the handles by pressing up, keeping them together as you remove the speculum about 1-2 inches, releasing your cervix. Let go of the short handle and remove the rest of the way, letting your vaginal walls close the bills.