

Vulvar Disease Clinic

What to expect at your first visit:

You have been referred to the BC Centre for vulvar Health Vulvar Disease clinic. This is a clinic that specializes in conditions that affect the vulva. We see women with vulvar symptoms or with skin changes or lesions noted by their referring doctor.

- We are a University of British Columbia faculty of medicine teaching site so we may have a learner in the clinic with us, this could include a medical student, a resident specializing in OBGYN or Dermatology or a gynecologist doing further training in this area.
- Prior to your visit we will review the referral from your health care provider. Please bring along any notes you have kept about your conditions or test results (biopsies, vaginal cultures etc). Please also bring a list of any medications you taken. Bring any topical medication (jars, tubes, over-the-counter) that you are currently using on the vulvar area and make note of the timeline for their use. You will be asked to fill out a questionnaire while waiting to be seen.
- At your initial appointment you will first have a discussion with a physician in the office. Here we will ask more questions regarding your symptoms, prior investigations and treatments, and review your medical history. You will then move to an examining room to change and have an exam.
- During the exam you can expect a detailed examination of the skin of the vulva, perineum and anus. You will likely have a speculum exam to evaluate the vagina and cervix.
- Rarely, we will suggest a small skin biopsy to help clarify the diagnosis or rule out concern if a lesion is present. The biopsy involves removing a small area of tissue and is done with local anaesthetic. We are unable to predict prior to your visit if a biopsy will be suggested. If one is suggested and it doesn't work well for you on that day you are welcome to rebook to return for the biopsy on a separate day. Biopsy care instructions will be provided at your visit if a biopsy is done. Most women tolerate this procedure very well in the office.
- Following your exam you will have a discussion with the physician to discuss exam findings, diagnosis and a plan moving forward.

The **BC Centre for Vulvar Health** is located on the 6th floor of the Gordon and Leslie Diamond Health Care Centre, Vancouver General Hospital at 2775 Laurel Street Vancouver.

* Parking near VGH can be challenging, please give yourself plenty of time if you are driving to ensure you are able to arrive 15minutes before your scheduled appointment time to complete relevant forms