

## It is helpful for us to know:

The history of your symptoms and how long you have had them.

## Please bring with you:

Any skin treatments you have used previously.  
E.g. Cream, ointments and pills

## Please keep your appointment

- We have a long waiting list.
- If you fail to attend without telling us another patient misses the chance of an appointment.

## Resources

### DermNET NZ

Information on genital skin conditions.

[dermnetnz.org/topics/genital-skin-problems](https://dermnetnz.org/topics/genital-skin-problems)

**Te Whatu Ora**  
Health New Zealand  
Te Toka Tumai Auckland

Classification number: WH155 (Reviewed: May 2020)  
National Women's Information Unit [hiws@adhb.govt.nz](mailto:hiws@adhb.govt.nz)

**Te Whatu Ora**  
Health New Zealand

**Vulva Clinic**

## The Vulva Clinic

The Vulva Clinic is run by a team of health professionals who specialise in caring for women with conditions of the vagina and vulva area. Our aim at this first appointment in the clinic is to make a diagnosis and plan for your treatment.

You are welcome to bring a partner or a support person with you when you visit the clinic. They are able to be with you during any procedures and discussions about your care.

## How long will my appointment take?

When you attend the clinic, the receptionist will check your personal details and show you around.

This appointment will take about 30 minutes, which includes the discussion with the Doctor and the examination.

## The examination

A gynaecologist or dermatologist carries out the examination. Sometimes an extra doctor or nurse in training may be present if you consent to them being there.

Some women can find this examination embarrassing and uncomfortable, we try to minimise this. A nurse is present during this examination to provide you with support.

During the examination, your vulva will be examined with a microscope, which is called a colposcope. This enables the doctor to see if there are abnormalities that can't be seen with the naked eye. Although it helps to diagnose your condition, this examination does not involve any treatment. The colposcope (the viewing instrument) does not come into contact with your body.

We have available a TV screen on which you can watch your examination (if you wish). Your doctor will explain what is being done and use the screen to point out areas that may require treatment.

In some women it may be necessary to apply a solution to the vulva to detect abnormalities. A small skin biopsy may be taken under local anaesthetic to be sent to the laboratory for pathology examination.

## Your results

If an abnormality is detected, the doctor may be able to discuss treatment options with you at your initial consultation.

Alternatively you will be given an appointment to return in about four weeks to discuss the results of any tests taken. If an appointment is needed, this will be made before you leave the clinic.