

**What is the medical exam
for in the context of a sexual
violence disclosure?**



The medical exam serves to reassure the child or adolescent and the parents about the child's physical health. It assesses the young person's overall state of health. Particular attention is paid to the sexual organs.

After the exam, references may be made to specialized professionals.

How should you prepare your child for the medical exam?

Before the medical exam

Inform your child

Whether well in advance, the night before or the day of, it is important to tell your child that they will be going to Marie-Vincent to meet with a doctor.

Answer your child's questions

This should help reduce their fears about the medical exam.



How does the medical exam work?

The exam takes place at Marie-Vincent.

The total length of the visit varies from 1 to 3 hours.

During the exam, a doctor and a nurse clinician from Centre hospitalier universitaire Sainte-Justine or the Montreal Children's Hospital assess the child's overall health. **The exam always considers the child's consent and respects their needs.**

The doctor examines and may, if necessary, take photos of your child's external genital organs with a special device (colposcope). Special care is taken for the child's modesty; the child can cover themselves with a blanket during this procedure.

The gynecological exam is not like the ones done for adults. No injections are given and no blood is drawn. However, other types of samples may be required. The genital organs are not touched and no medical devices are

inserted into the orifices.

The parent must sign the care consent form for Centre hospitalier universitaire Sainte-Justine or the Montreal Children's Hospital and the authorization to take photographs of the genitals. (If the person accompanying the child is not the parent or guardian, it is important for the person to obtain these consents in writing before the exam.)

During the exam, a file will be opened for your child at Centre hospitalier universitaire Sainte-Justine or the Montreal Children's Hospital.

After the medical exam, congratulate your child for their cooperation.

The day of the medical exam

- Bring a **toy** (stuffed animal, blanket or other) that can help calm your child if they are nervous.
- Come with a **person** who can take care of your child if a meeting with the medical staff or the psychosocial worker needs to take place with the parents.
- Bring a **snack** for your child.
- As much as possible, try to ensure that your child **does not urinate for at least two hours before the exam.**

For the medical exam, don't forget

- The child's health insurance card
- The child's health record
- The consent form and photograph authorization form signed by the parent or guardian



Contact us
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