

## ***Use of a Tenaculum***

### ***Purpose of a Tenaculum***

- Stabilize the cervix to allow passage of sound and IUD through the os
- Straighten any irregularities in the cervical canal
- Straighten uterine curvatures or flexion

### ***To Place***

- Dominant hand in “palm-up” position
- Thumb in one ring
- Middle or ring finger in the other ring

### ***Choose Site for Placement***

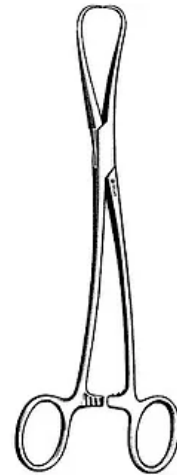
- Anterior lip
- Posterior lip
- Typically a horizontal bite, some prefer vertical
- Do not occlude os!

### ***Size of Bite***

- 1-1.5 cm wide
- 1 cm deep
- Not too shallow- may tear through
- Not too deep- unnecessary
- Do not occlude os!

### ***Closing Ratchet***

- Once the teeth are in contact with the cervix, press into the tissue
- Close the ratchet only 1-2 clicks
- Close the ratchet silently
- Once the ratchet is closed, test your application gently to be sure it is secure



## ***Alternatives***

- Squeeze teeth together EXCEEDINGLY slowly
- Have patient cough at application (hold onto speculum!)
- 1 cc Local anesthetic to tenaculum site

## ***Use When Sounding***

- Change hands; hold the tenaculum with the non-dominant hand while sounding and for IUD placement
- OK to let tenaculum lay on speculum when picking up the sound or IUD

## ***Tenaculum Hand Position While Sounding and for IUD Placement***

- Thumb on one side of ratchet and fingers on the other
- Avoid the rings
- Avoid inadvertent movements
- USE the tenaculum

Originally found from: <https://www.envisionsrh.com/use-of-sound>