

7 Key Steps

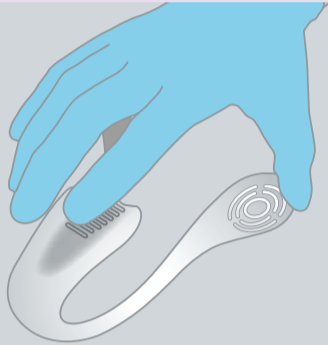
Obstetrics



Using the Hegenberger Retractor

1

Open the pouch and remove the Hegenberger Retractor. Hold the Hegenberger Retractor as shown in the image.



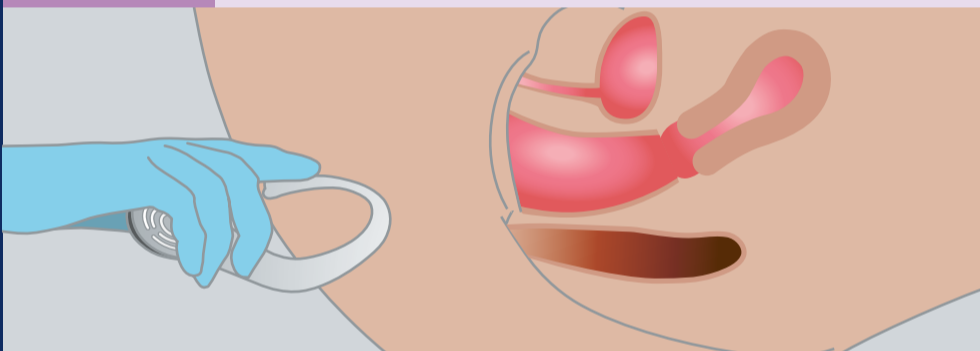
2

Gently press the sides of the Hegenberger Retractor together before inserting. **Do not use gel or lubrication on the Hegenberger Retractor.**



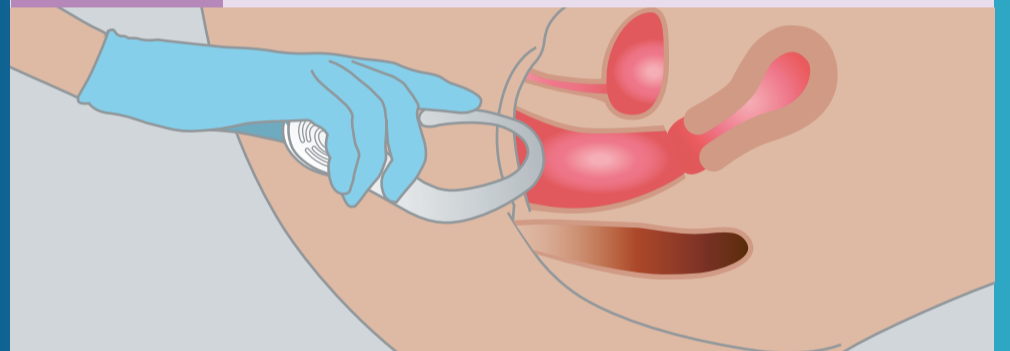
3

It is important that the patient be in a supine position with the legs elevated and knees facing outwards.



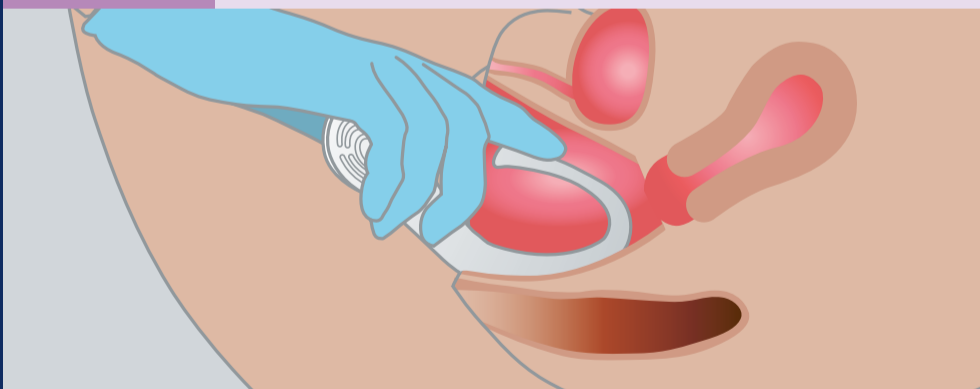
4

Keep the sides of the Hegenberger Retractor compressed while inserting it in the vagina. Follow the direction of the pelvic canal.



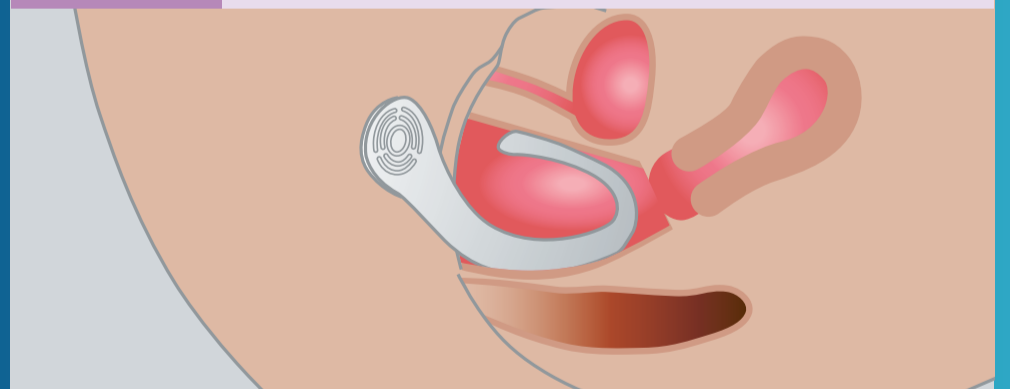
5

Place the Hegenberger Retractor all the way in so that the circles are resting on labia majora. Hold the retractor in place for a few seconds. Ensure that the patient is relaxed before letting go of the device.



6

Correct placement is shown in this image.



7

Removing the Hegenberger Retractor

Gently press the sides of the Hegenberger Retractor together before removing. It is important that you use your index finger to ensure the Hegenberger Retractor is clear of the cervix.

Press down on the top part and gently retract the Hegenberger Retractor from the vagina.

