

Pre-Gynecological Examination: Impact Counseling on Women's Pain, Discomfort, and Satisfaction

Background: A gynecological examination is a stressful event that is the women may respond negatively as a consequence of no orientation before the examination. **Aim:** The study was conducted to evaluate the effect of Pre-Gynecological Examination Counseling on Relieving Women's Pain, Discomfort, and enhancing their satisfaction. **Setting:** Gynecological clinic at Beni-Suef University Hospital. **Design:** A quasi-experimental study design. **Sampling:** A purposive sample was 120 women (60 Study & 60 Control). **Tools:** (1): Counseling Interview schedule; (2): Comfort and pain scale; (3): satisfaction questionnaire; (4): VAS for pain; (5): Self-reported barriers; (6): Counseling interviewing questionnaire. **Results:** there was a marked improvement in knowledge, comfort, and satisfaction associated with alleviation of pain for the studied group than the control group about gynecological examination after counseling sessions with a highly statistically significant difference at ($P < 0.01$). **Conclusion:** Counseling sessions regarding pre-gynecological examination had a positive effect on relieving women's pain, discomfort and enhancing their satisfaction. **Recommendation:** reapplication counseling sessions for gynecological clinic settings in a different area. Awareness programs must be designed and instrumented at the gynecological clinic to enhance women's satisfaction and correct their miss concepts related to the gynecological examination.

Keywords: counseling, women's satisfaction, gynecological examination, pain, discomfort