

## Silicone Pad

### Materials

- Silicone mold kit
  - o [BBDINO Silicone Mold Kit](#)
  - o Any silicone mold making kit will work. Ordering in bulk may help reduce cost
- Setting pan – approximately 5x7”, cured silicone can easily be cut to desired size
  - o Please read manufacturer instructions. Some kits may require baking.

### Steps

1. Mix the silicone according to manufacturer instructions
2. Pour silicone into your setting pan, in a layer approximately  $\frac{1}{4}$ ” thick
3. Allow silicone to cure according to manufacturer instructions (4-24 hours depending on brand)
4. Once silicone is completely cured, remove from pain & cut to the size of the PVC tube used in “02 Vagina Model Assembly” (approximately 3” in diameter)
  - ☒ Save the extra “scrap” strips of silicone to be used later!
5. Cut an “X” into the middle of the silicone pad – see picture



Silicone pad with PVC vagina. Use PVC tube to trace a circle on the silicone pad



Silicone pad cut down to size



Silicone pad with an X cut in the middle

## Bun Form Cervix

### Materials

- 2 pairs of tights – Size XL or XXL (the larger the better), pink color
  - o The brand does not necessarily matter, but we used MANZI from [amazon](#) and found them to work well.
  - o 2 pairs of tights (4 total leg pieces) will make one cervix
- Scissors
- Ruler

### Steps

1. Cut the feet off both legs of the tights
2. Cut the hips off the top – you now have one hip piece & 2 leg pieces
  - o Set the hip pieces aside – these may be used later to secure the fruit into the model
3. Repeat steps 1 & 2 with a second pair of tights



Image 1 – 4 pairs of tights to be used for 1 cervix assembly

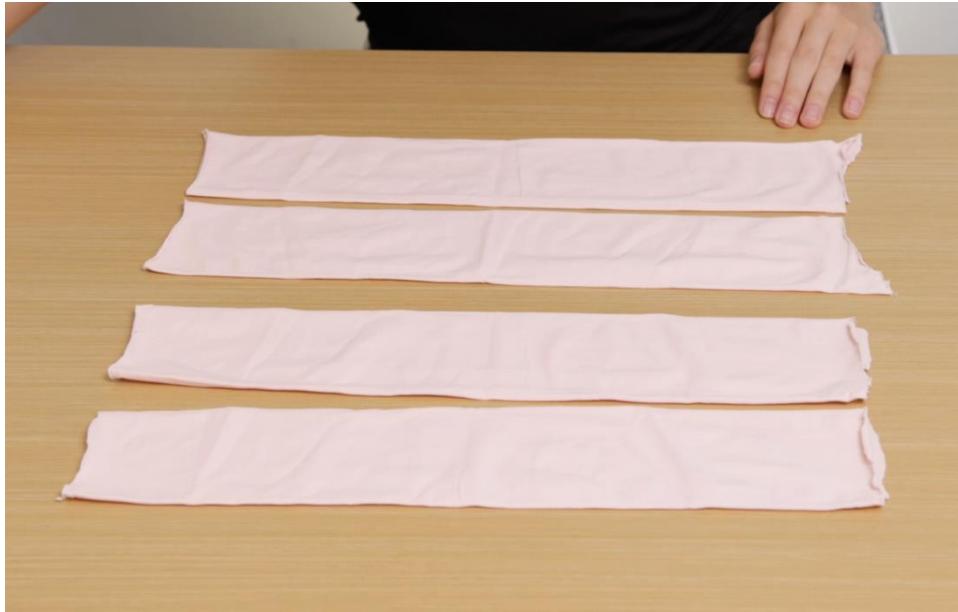


Image 2 – 4 leg pieces with hips and feet cut off

4. Insert 4 leg pieces into one another – see picture – so they are nested within one another



Image 3 – 4 leg pieces put inside one another

5. Roll the tights, starting from one end, into a “donut” shape – see picture. As you roll the tights, you will likely need to tighten the “donut” by pulling the free end taught 3-4 times, you want the “donut” to be as compact as possible
6. Leave a tail at the end of the donut to be used to wrap around your fruit uterus, approximately 5” long – see picture



Image 4 – Fully wrapped cervix

## Vagina Model

### Materials

- [3" Diameter Stop Coupling PVC tube](#) (approximately 4" long)
- **1 assembled *Bun Form Cervix***
- 1 rubber band
- 1 elastic hair tie
- [Silicone piping](#)
- 3" diameter assembled ***Silicone Pad***
- 1 rectangular silicone strip (approximately 1x4") leftover in ***Silicone Pad*** creation
- Gorilla glue (or other strong adhesive)

### Pre-Work

- A. Prior to assembling the full model, glue the rectangular silicone strip to the end of the 3" PVC Tube – it may take ~24 hours to fully dry depending on the glue used
  - a. The strip provides additional friction to help stabilize the PVC vaginal canal inside the pelvis.



Image 1 – PVC vagina with strip of silicone attached

- B. Cut your small silicone piping into 2" segments



Image 2 – piece of silicone piping cut down to approximately 2"

Steps

1. Place the assembled bun form cervix into one end of the PVC vaginal canal with the "tail" facing away from lumen of the tube



Image 3 – cervix placed inside the PVC vagina, at the opposite end as the silicone strip

2. Take the outermost layer of the bun form cervix "tail" and wrap it back around the PVC pipe. Secure the tights with a rubber band – additional loops may be needed to tighten the rubber band



Image 4 – Wrapping the outer layer of tights from the cervix around the PVC vagina



Image 5 – Outer layer of tights wrapped around PVC vagina and secured with a hair tie

3. Insert the bun form cervix “tail” (now 3 layers) through the slit in the middle of the silicone pad, and push the silicone pad down so it fits snugly within the PVC canal opening



Image 6 – Passing the cervix tights through the circular silicone pad



Image 7 – Fit the circular silicone pad snug against the tights cervix

4. Take the second layer of the bun form cervix “tail” (what is now the outermost layer) and wrap it back around the PVC pipe. Secure this layer into the same rubber band from Step 3 above



Image 8 – Wrap the next layer of the cervix tights around the PVC pipe



Image 9 – Secure the next layer of tights around the PVC pipe with another hair tie

5. To create an internal os for the first trimester model, take a hair tie and wrap it twice around the tail.



Image 10 – Full vagina model with Hair Tie for first trimester internal os

6. To create an internal os for the second trimester model, thread the tail through one of the 2" silicone piping pieces



Image 11 –Full vagina model with Hair Tie and Silicone piping for second trimester internal os

## Uterine Model Assembly Guide

### Materials

#### First trimester

- 1 dragonfruit
- Knife

#### Second trimester

- 1 papaya
- 4 toy nerf darts
- 1 hardboiled egg
- Knife
- 1 dilator

### Steps

#### First Trimester

1. Find the direction the dragonfruit husk spikes point. Cut a half inch piece off this side of the fruit.



Image 1 – whole dragonfruit



Image 2 – Dragonfruit with husk end cut, ready for use

### **Second Trimester**

1. Find the narrower end of the papaya. Perform an initial pass with a small dilator.

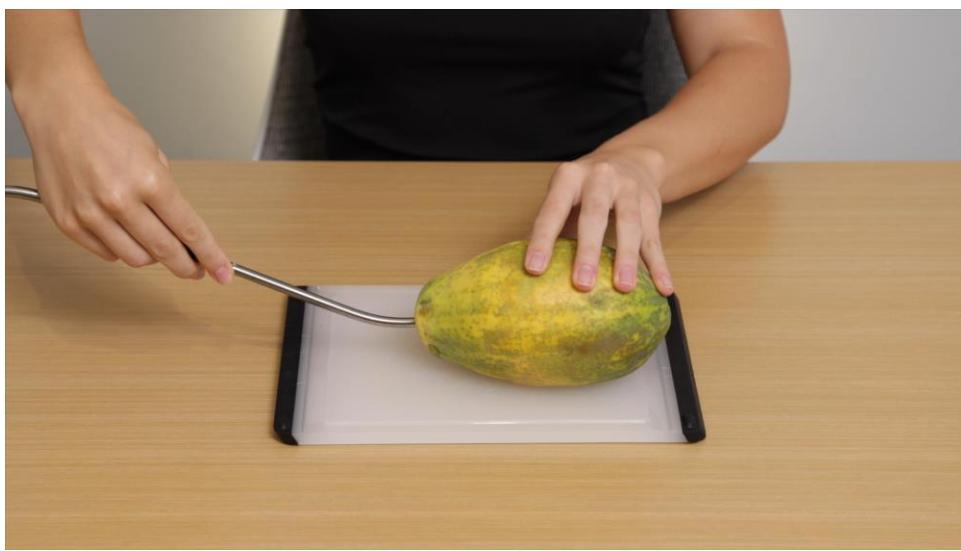


Image 3 – whole papaya

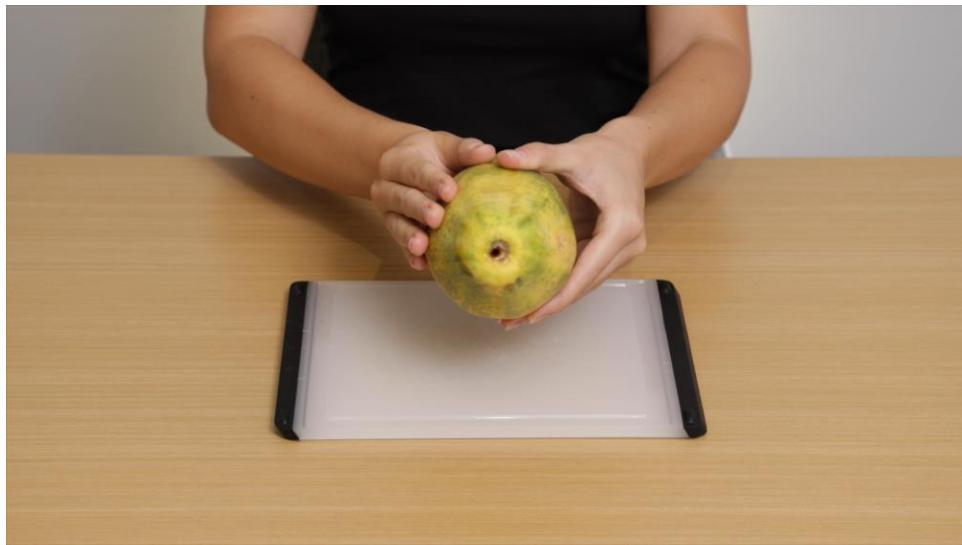


Image 4 – papaya after passing a cervical dilator

2. Cut the fruit in half. Place 4 nerf darts and a hardboiled egg into the open cavity. You may need to scoop seeds out to create room.

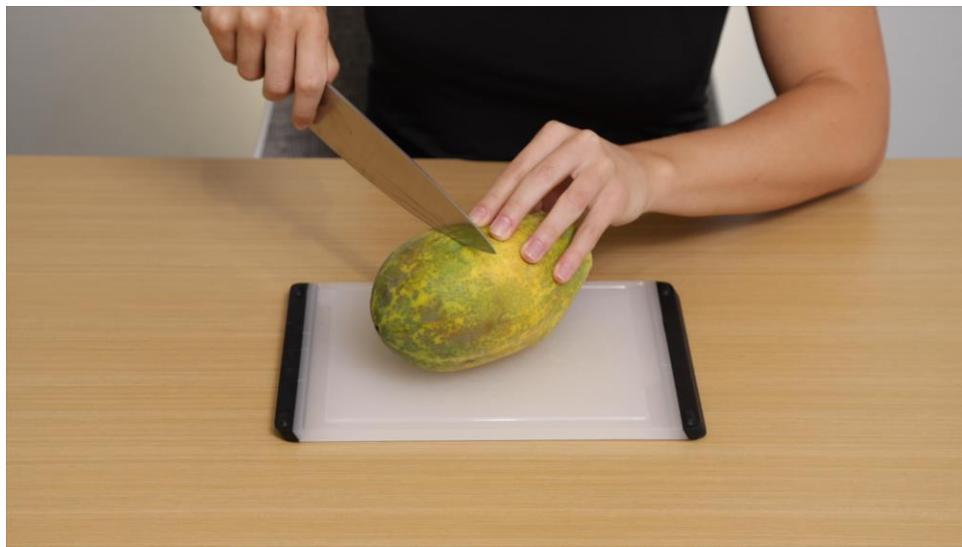


Image 5 – Cut papaya in half following dilation

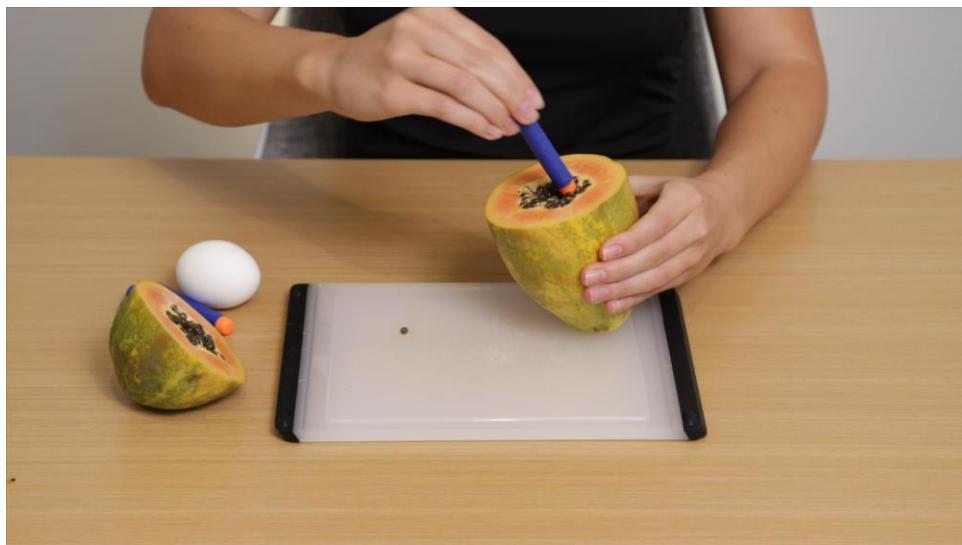


Image 6 – papaya with nerf dart “limbs”



Image 7 – Papaya with hard-boiled egg calvarium

3. Replace the top half of the fruit onto the bottom half. Secure these pieces using duct tape.

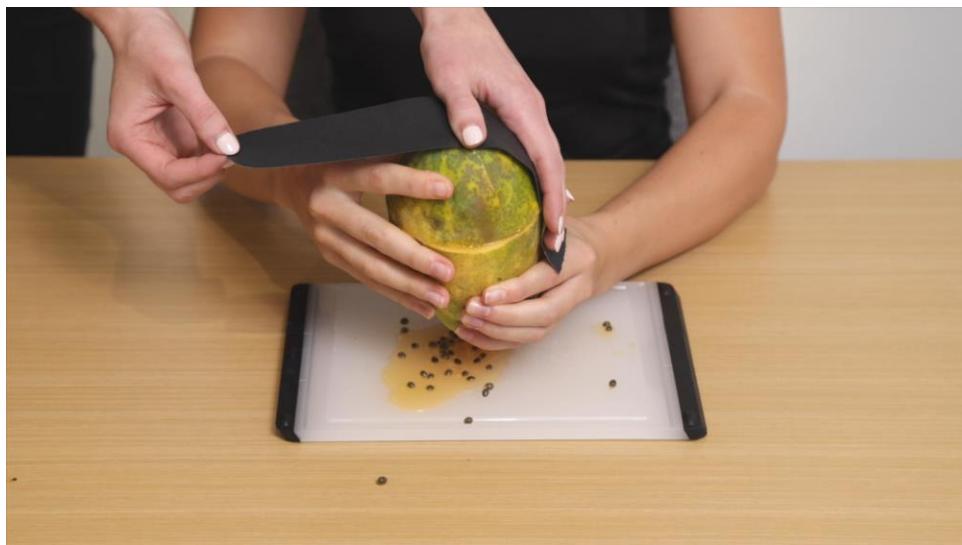


Image 8 – Taping the papaya back together



Image 9 – Fully taped papaya ready for use

## Pelvic Model Assembly Guide

To simulate limited space and visualization of the true clinical scenario, the following simulations will use a general pre-assembled pelvic model, with modifications depending on the procedure. This model includes a pelvic model fit with a bun form cervix, a PVC pipe vaginal canal, a pelvic floor, and suspensory ligaments made of tights. Below are instructions to assemble the entire pelvic model. Ensure you have completed assembly of the silicone pad, cervix model, and vagina model prior to beginning.

### Pelvic Model

#### Materials

- 1 skeletal pelvic model
- 1 pair of skin color tights (XL or XXL) (note that some tights may be stretchier than others)
- 1 assembled **Vagina Model**
  - o Includes assembled **Silicone Pad**, assembled **Bun Form Cervix**, and a PVC vaginal canal
  - o When assembling your pelvis, you will need to know if you are creating a “first trimester pelvis” or a “second trimester pelvis” to use the appropriate internal os
- Safety pins
- Duct tape
- Prepared **Uterine Model**
  - o First trimester = 1 dragon fruit per learner
  - o Second trimester = 1 papaya per learner

#### Steps

1. Cut the feet off both legs of the tights
2. Cut the hips off the top – you now have one hip piece & 2 leg pieces



Image 1 – tights with hips and feet cut off

3. Using one of the leg segments, wrap the tights around the superior aspect of the bony pelvis, forming a tube. The tights should cover both iliac crests, the superior sacrum, and the pubic tubercles. This tube has a superior opening and an inferior opening around the true pelvis.



Image 2 – Pelvis with tights wrapped around ASIS and iliac crests



Image 3 – pelvis with tights pulled over pubic symphysis and ischial tuberosities



Image 4 – Pelvis with lower tights segment wrapped around ischial tuberosities



Image 5 – Pelvis with lower tights segment pulled over ischial spines

4. Insert the assembled vagina model into the pelvis through the superior opening. Adjust until the silicone strip on the PVC vaginal canal is flush with the inferior edge of the pelvis. The bun form cervix should be visible from the inferior opening.



Image 6 – Inferior view of full pelvis through pelvic outlet



Image 7 – Superior view of full pelvis through pelvic inlet



Image 8 – Pelvis with vagina model



Image 9 – Pelvis with vagina model being inserted through superior pelvic inlet



Image 10 – Full pelvis with vagina model inserted



Image 11 – Full pelvis with vagina model inserted

- Cervix visualized from the inferior view



Image 12 -

- Cervix visualized from the superior view

5. Orient the cut end of the assembled uterine model toward the posterior entrance of the model. Insert the fruit into the tail of the bun form cervix.

1<sup>st</sup> Trimester:





2<sup>nd</sup> Trimester:





6. OPTIONAL (not shown in video): Use the “hips” of the tights (from step 2) to secure the papaya to the pelvis. You may need to use a tissue box/brick/stack of books to support the weight of the papaya.