1. Select an appropriately sized Ultraspec® vaginal speculum.

2. Operate speculum as normal, locking open at the optimum position with the smooth-spinning nut. (Minimum 75% from fully open)

3. Should the cervix be obscured during vaginal examination, do not remove the speculum. Gently insert the side-wall Retractor into the rear aperture of the Speculum. (Inserting the Retractor gently displaces the sidewalls laterally)

4. Proceed with procedure with a clear unobstructed view of the cervix area. (Potential damage to the sidewalls from instruments is minimised by the spoon-shaped beaks.)

5. Upon completion of the procedure:
   a. Gently withdraw the Retractor by pulling the single tab.
   b. Once Retractor is removed, slowly release the speculum using the nut so blades are closed before withdrawing it.
   c. Discard used devices in standard clinical waste after single-use.