

King Saud University

College of Medicine

Department of Medical Education

Riyadh, KSA

**Per Rectal Examination**

**OBJECTIVE:** To correctly perform a Per Rectal Digital Exam.

**MATERIALS:** Gloves, Lubricating gel and Cotton Pad

 ***D: Appropriately done PD: Partially done ND: Not done/Incorrectly done***

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **STEP/TASK** | **D** | **PD** | **ND** |
|  | **Preparation**  |  |  |  |
|  | Introduce yourself to the patient. |  |  |  |
|  | Confirm patient’s ID. |  |  |  |
|  | Explain the procedure to the patient and re-assure him. Make sure that the patient is aware that the procedure will be uncomfortable and that it should not be painful. |  |  |  |
|  | Get patient’s consent. |  |  |  |
|  | Ask for a Chaperone. |  |  |  |
|  | Wash hands. |  |  |  |
|  | Prepare the necessary materials. |  |  |  |
|  | Ensure the privacy of the patient. |  |  |  |
|  | Ask the patient to remove his pants. |  |  |  |
|  | **Positioning of the patient.** |  |  |  |
|  | The patient should be in the left lateral position. Buttocks should be brought to the side of the couch and the patient’s knee to his chest. |  |  |  |
|  | **Procedure** |  |  |  |
|  | Put on the gloves. |  |  |  |
|  | Gently separate the buttocks and inspect the area for:Thrombosed External Piles, Skin Tags, Rectal Prolapse, Anal Fissure, Fistula in Ano, Carcinoma of the Anus, Pruritis Ani, Excoriation of the Skin. |  |  |  |
|  | Test for Anal Wink by stroking a cotton pad on all 4 quadrants of the patient’s anus. |  |  |  |
|  | Lubricate the tip of the right index finger. Make a complete fist with the index finger pointing out, resting at the anus at the 6 ‘o clock margin. |  |  |  |
|  | Ask the patient to breathe in and out to relax and distract him. Ask the patient to press down on your finger. |  |  |  |
|  | Gently insert your index finger through the anus, inside the anal canal, towards the rectum. |  |  |  |
|  | Test anal tone by asking the patient to squeeze your finger. |  |  |  |
|  | Starting at the anterior wall, the prostate (male)/cervix (female) is palpated and checked for:* In males: Size, Surface, the Sulcus, Consistency and Tenderness of Prostate. Look for any discharge from the urinary meatus on palpating the prostate.
* In women, the cervix and a retroverted uterus may be felt with the tip of the finger.

Rotate the finger clockwise performing a full 3600 sweep and feel for any:Masses, Ulcers, Induration or Opening of Fistulas* Remove the finger and examine the stool (if any) for:

Color, Mucous or Blood |  |  |  |
|  | **🡺 *Continues on the next page*** |  |  |  |
|  | **After the Procedure** |  |  |  |
|  | Clean off any lubricant or feces on the anus and anal margin |  |  |  |
|  | Remove the gloves and dispose of it safely. |  |  |  |
|  | Give time for the patient to put his pants on ensuring his privacy. |  |  |  |
|  | Ensure the comfort of the patient and answer any question or concerns he/she may have. |  |  |  |
|  | Document the procedure. |  |  |  |
|  | Present your findings in a systematic manner and offer a differential diagnosis. |  |  |  |

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