



Guidance on Digital Rectal Examination

Intro to patient. Check its the correct patient

Take Quick history/ Explain to patient why you are being asked to do procedure

Consent the patient

Explain procedure briefly to patient

Ask patient to go behind screen loosen trousers and lie in the left lateral position.

Glove, put lube on finger, and get small piece of towel.

Ask patient to take deep breath.

Place lube around anus and then insert second finger, pointing up spine

Rotate hand anti clockwise and place finger on prostate.

Feel for lumpiness or enlargement.

Pull finger out

Wipe bum with towel and tell patient to re-clothe

Dispose of glove and wash hands.

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ESSS President
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