



OSCE Checklist: Rectal Examination (PR)

Introduction		
1	Gather equipment	
2	Wash your hands and don PPE if appropriate	
3	Introduce yourself to the patient including your name and role	
4	Confirm the patient's name and date of birth	
5	Explain what the examination will involve using patient-friendly language	
6	Explain the need for a chaperone	
7	Gain consent to continue with the clinical examination	
8	Ask the patient if they have any pain before continuing with the clinical examination	
9	Ask the patient to remove their underwear for the examination and provide them with privacy whilst they get undressed	
Preparation		
10	Don an apron and a pair of non-sterile gloves	
11	Ask the patient to lie down in the left lateral position with their knees bent up towards their chest	
12	Ask the patient if it is ok to remove the sheet to begin the examination	
Inspection		
13	Separate the buttocks and inspect the perianal region for relevant clinical signs	
Palpation		
14	Lubricate the examining finger	
15	Warn the patient you are about to insert your finger	
16	Insert your finger gently into the anal canal	
17	Palpate the prostate gland anteriorly (in males) and assess the size, symmetry and texture of the gland	
18	Rotate your finger 360 degrees to assess the entirety of the rectum	
19	Assess anal tone by asking the patient to bear down on your finger	
20	Withdraw your finger and inspect for blood or mucous	
21	Clean the patient using paper towels	
22	Cover the patient with the sheet, explain that the examination is now complete and provide the patient with privacy so they can get dressed	
23	Dispose of the used equipment into a clinical waste bin	
To complete the examination...		
24	Thank the patient for their time	
25	Dispose of PPE appropriately and wash your hands	

26	Document the examination in the medical notes including the details of the chaperone	
27	Summarise your findings	
28	Suggest further assessments and investigations (e.g. abdominal examination, flexible sigmoidoscopy/colonoscopy, CT abdomen/pelvis)	

Read the full guide at
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