

Digital Rectal Examination

Introduction

A digital rectal examination (DRE) is a simple procedure doctors use to examine the lower rectum and other internal organs.

A DRE is done for a number of reasons. It's a quick, easy way to check the health of a man's prostate gland.

It can detect conditions like enlarged prostate (benign prostatic hyperplasia) and prostate cancer.

Indications

- To diagnose rectal tumors
- To obtain feces for a fecal occult blood test (used to screen for gastrointestinal bleeding or colon cancer)
- To prepare you for a colonoscopy
- To assess the function of the anal sphincter in cases of fecal incontinence
- To assess the extent of hemorrhoids
- Inflammatory bowel disease, including ulcerative colitis and Crohn disease
- To check pelvic organs, especially in women
- Anal fissures

Equipments

- Surgical gloves
- Lubricants e.g. lidocain gel
- Light source

Procedure

- Explain procedure to patient and tell patient to relax during examination
- Ask patient to lie on left side with his/her right knee flexed and touches chest
- Put on gloves and lubricate your index finger
- Ask patient to take deep breath and try to relax
- Insert your index finger into rectum
- Check for any mass, fissure, blood and also tone of the rectal mucosa
- Try to rotate finger clockwise or anticlockwise around rectum so to examine all sides of rectum
- Note if there is any abnormality

Contraindications

Can't perform in anal fissure

SIGNATORIES

Name of staff(MO/NO/CO/COI/MIDWIFE/ ETC)

Name:

sign.....

Date:

Department in charge

Name:.....

sign.....

Date:

Nursing Officer in charge

Name:.....

sign.....

Date:

Hospital Administrator

Name:.....

sign.....

Date: