

**MALE GENITOURINARY AND RECTAL EXAMINATION
Checklist**

	Need to Practice	Feel Comfortable
1. Patient seated on exam table. Examiner stands at patient's side.		
Kidneys and Bladder		
2. Bilaterally palpates costovertebral angle with deep pressure of fingertips.		
3. Patient supine with arms folded across chest or at one side. Examiner stands to patient's right.		
4. Legs and genitalia draped, abdomen undraped.		
5. Inspects abdomen noting movement during normal respiration, rigidity, and pain.		
6. Uses bimanual technique (pads of fingers of one hand on area to be examined, and other hand underneath the flank) to examine kidneys.		
7. Palpates each kidney for pain, displacement, swelling and tenderness.		
8. Uses pads of first three fingers of one hand to examine lymph nodes.		
9. Palpates inguinal and femoral lymph nodes for size, tenderness, matting, position and fixation.		
10. Palpates femoral pulses for turbulence, intensity and equality. Listen for bruits.		

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Genitalia 11. Patient supine with arms folded across chest or at side, groin area undraped.		
Penis 12. Inspects skin.		
13. Asks patient to retract foreskin (okay for the M.D. to retract foreskin also) if present for urethral discharge, chancres, carcinomas and shaft lesions. Patient reduces foreskin.		
14. Inspects glans for scars, lesions, inflammation, discharges and masses.		
15. Palpates penis using thumb and first finger of both hands.		
16. Assesses shape, size, tenderness and induration.		
Scrotum 17. Inspects skin and contour of scrotum.		
18. Lifts scrotum and inspects posterior surface. Palpates perineum for masses and tenderness.		
19. Palpates each testis gently.		

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20. Palpates each epididymis for size, shape, tenderness, consistency/weight and nodules.		
21. Locates spermatic cord and vas deferens.		
22. Palpates from epididymis to superficial inguinal ring.		
If appropriate (presence of scrotal mass): 23. Transilluminates scrotal swelling in dark room with strong light source placed behind scrotum or mass.		
24. Assesses red glow.		
25. Patient standing. Examiner seated facing patient.		
26. Examiner instructs patient to hold gown up around waist.		
27. Inspects groin for bulging during normal respiration.		
28. Inspects groin for bulging during Valsalva's maneuver.		
29. Palpates testicles, scrotum, inguinal and femoral regions for changes or abnormality during normal respiration.		
30. Palpates testicles, scrotum, inguinal and femoral regions for changes or abnormality during Valsalva's maneuver. Assess for varicocele.		

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Examining for inguinal hernia		
31. Palpates inguinal canal by invaginating scrotal skin with the index finger to the external inguinal ring and instructing patient to cough or strain.		
32. Palpates scrotum while patient bears down to detect hernia.		
Rectum/Prostate		
33. Patient bending over examination table or chair, facing away from examiner.		
34. Examiner inspects external anus for hemorrhoids, tissue tags, injury signs, fissures, and inflammation.		
35. Inserts gloved, well-lubricated index finger gently through anus into rectum.		
36. Palpates prostate (apex, base and lateral portions) noting texture, masses, and consistency.		
37. Using a gentle, firm, slow motion, palpates rectum walls noting texture, masses, and consistency.		