



Male Pelvic Exam Guideline

These questions and methods are always designed to gather information and alleviate the patient's anxiety by establishing rapport

Patient questions:

1. Have you ever had a genital or prostate exam before? How was that experience for you?
2. [*Address presenting complaint*] What would you like to accomplish during this visit?
3. Since your last medical visit, have there been any changes you would like to discuss with me?
4. [*Normalizing statement*] I ask this question of all of my patients: do you have any concerns about your sexual health?
 - a. Are you actively trying to have a child? If not, how are you preventing pregnancy?
 - b. I offer all of my patients screening for Sexually Transmitted Infections. Would you like an STI test today?
 - c. Do you have any questions or concerns about your sexual function or pleasure? Have you noticed that your [*medication/illness/injury/surgery*] is affecting your sexual function?
5. Do you have any other questions you would like to ask me before I begin the exam? Feel free to ask me questions throughout the exam. Many of my patients are nervous about getting a genital or prostate exam. Is there any reason that you are particularly nervous about being here today?

Breast/Chest Exam:

A chest examination is now considered part of a routine physical, because breast cancer often goes undetected until it is too far advanced to be treated. I'd like to screen you to be sure that if it exists we detect it early when it is most curable.

Genital Area:

Next, I'll be completing a genital and testicular exam and hernia check to make sure everything is healthy and normal. Throughout the following exams, you will feel pressure. If you experience discomfort, let me know right away. Ask:

- Have you noted any change in your skin?
- Have you noted any discharge?
- Have you noted any changes in your sexual or urinary function?

Normalizing an Erection:

Some of my patients experience erections as a natural reflex during this examination -or- I see that you have an erection, this is perfectly normal and often happens during this exam.

Posterior/Rectal Exam:

The last part of the exam is the rectal exam. This is an important way to check that your prostate is healthy and normal. I will use plenty of lubricant during the rectal exam to make it as comfortable for you as possible.

Many of my patients experience what feels like a brief impulse to urinate or defecate during the prostate exam. This exam is brief, and the sensation should not persist after the exam.