Male Prostate Examination Procedure

Prostate Examination

- To examine the prostate, position finger palmar surface down and palpate posteriorly to locate prostate. Palpate in a circular motion to increase ability to identify the lobes and groove.
- The prostate should be 2-4 cm long and triangular. The two lateral lobes are separated by a deeper central groove. Note the following: width and length of gland, presence of groove, mobility, tenderness, enlargement and nodules.
- Consistency should be firm and rubbery. Softness can occur with infection and hardness can occur with tumors and diseases. The seminal vesicles are soft, elongated structures extending above the prostate. These are normally not palpable.
- Examiner should forewarn patient before removing finger and remove slowly to avoid any sphincter muscle spasms.
- Any feces on finger of gloved hand should be tested for occult blood.

Completing the Examination:

- Remove glove away from and out of sight of patient.
- Offer patient box of tissues to remove lubricant from anus and buttocks.
- Conclude with a reassuring statement. Allow patient privacy to dress.
- Discuss findings of examination with patient in office.