# JLGTD-2018-0171: International Anal Neoplasia Society guidelines for the practice of Digital Anal Rectal Examination (DARE)

**Summary Box 1 –Preparing for a DARE**

* The primary objective of a DARE is to identify the presence of any palpable abnormalities that require further evaluation, especially anal and distal rectal cancers.
* DARE should be offered to those with anal symptoms and a component of screening for individuals at elevated risk of anal cancer.
* Risk assessment includes documenting symptoms, relevant behaviors and anal history
* Informed consent should always be obtained, as per local protocols
* If testing for anal cytology, HPV DNA or other sexually transmitted infections is planned, these should always be performed before the DARE.