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

**Summary Box 2 – Performing a DARE**

* A gloved, lubricated finger should gently be applied to the anal verge.
* Once the external anal sphincter is relaxed, insert the index finger until the free space of the rectum is felt, that is, above the anorectal ring.
* Start proximally, in the rectum. Apply gentle lateral pressure and slowly withdraw the finger to the superficial external sphincter, working distally (caudally). Do not withdraw the finger completely.
* Rotate the finger 90°, then repeat the action until all four quadrants have been examined. The prostate may be examined in men, and the pouch of Douglas in women.
* Alternatively, sweep the examining finger circumferentially around the anal canal, applying gentle pressure to the lateral walls.
* Inspect and palpate the perianum (5cm from the anal margin) for any abnormalities
* Describe any irregularities in terms of location of the lesion (proximal, mid canal or distal canal), position (anterior/posterior/left/right ), type of lesion, size, contour, tenderness and whether this any blood on the finger.
* Refer for expert opinion if examination is sub-optimal, unexplained abnormalities are found, or symptoms persist