

Examination	Chaperone Position	Patient Position	Time	Level of undress	Typical process and background
Breast	At 90 degrees to the patient Towards the foot of the couch	Sat facing the GP Lying down	3-5 minutes	Top only	Clinician will typically stand in front of the patient to visually examine the breast, before conducting the physical examination. This will either be by using two/three fingers in a rotating pattern pressing the breast against the rib cage, or by placing a hand between the breast and rib cage and checking with the second hand. The clinician may also examine the armpit and the arm.
Rectal	Towards the foot of the couch	Lying on side with knees brought up to 90 degrees, facing away from the GP	Up to 1 minute	Lower only	Clinician will stand at the side of the bed. Gloves and lube will be used. The clinician will insert a finger and will 'sweep' the inner surface of the rectum in a circular motion.
Testicular	At 90 degrees to the patient if not lying down. At the foot of the couch if lying down.	Lying down or standing or sitting.	2-3 minutes	Lower only	The normal testicle will be examined first to establish a baseline or normality. The tubes at the top and bottom of the testicle will be examined, as well as the general form. The clinician may also examine the pubic area. The cremaster reflex may also be tested.
Vaginal	Towards the foot of the couch	Ankles together, knees apart.	2-3 minutes	Naked below the waist, patient covered by a sheet of paper initially	Clinician using a (duck shaped) speculum
Bimanual	Towards the foot of the couch	Ankles together, knees apart.	2-3 minutes	Naked below the waist, patient covered by a sheet of paper initially	The clinician uses a gloved hand and a little lube. Two fingers are inserted into the vagina whilst the clinician places the other hand on the lower stomach. The clinician will move the cervix, check the edges of the cervix and vaginal extremities.

Please check this and adapt.