**Anal Self Examination**

**What you may need for self examination:**
- A Mirror (on a stand)
- A Torch or light source
- A pair of gloves (optional)
- A chair or stool for support

• Wash your hands thoroughly with soap and water to begin.

**Try to look at your anus:**
- You can use a mirror or smartphone app with selfie mode or mirror app to see your anus.
- Use a mirror with a stand or lean a mirror against an object and sit on the floor with your legs apart.
- Spread your buttocks to look at your anus.
- You can use a flash light for better lighting.

**Your anus upclose:**
- Think of your anal canal is a cylinder with four sections. You will use your finger to feel each section.

**Position yourself using one of the positions in the pictures shown (a - d) or a position that is comfortable for you to do anal exam**

- Choose the position that is most comfortable and gives you the best access to your anus.
- You can put on a glove if you prefer to use one.
- Put some lube or soap on your index finger or "pointing" finger.
- Feel the outside of the anal canal first.
- Then rest your finger for a second or two at the opening of your anus. It will help your anal relax.

**Anal Canal:**
- Insert your index finger to your first knuckle. Feel around your anal canal in all four sections.
- Push your index finger to the second knuckle and feel as far as you can go around (360 degree)

**Index Finger**
- Feel the lining of the wall. Feel for hard or soft lumps. Also note if there was bleeding, pus, pain associated with them.
- Pull your finger out when done.

**Finish:**
- Dispose of the gloves if you've used them.
- Wash your hands thoroughly with soap and water.