

# Bulbocavernosus Reflex (BCR) Test

## Patient information

Name:

Date of birth:

Gender: [ ] Male [ ] Female [ ] Other:

Date of test:

## Test procedure

1. Position the patient. For men, the supine position is typically used. For women, the lithotomy position is recommended, where the patient lies on their back with hips and knees flexed, thighs apart, and feet placed in stirrups.
2. Gently squeezing the glans penis in men, or the clitoris or labium minus in women. This stimulation activates the pudendal nerve, which is responsible for the reflex.
3. Observe for a physical contraction of the external anal sphincter. This can be done using a probe or your finger.

## Results

- Positive:** Contraction of the anal sphincter upon stimulation; intact sacral reflex arc and normal lower motor neuron function.
- Negative:** Absence of contraction; disruption in the sacral reflex arc.

## Additional notes

Include any symptoms reported by the patient during or after the test.

## Healthcare provider information

Name:

Date:

Signature: