

Right Hypochondriac	Liver Gallbladder Small intestine Ascending Colon Transverse Colon Spleen Right Kidney
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X		

Epigastrium	Oesophagus Stomach Liver Pancreas Small intestine Transverse colon Right and left kidneys and ureters Spleen
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	X	

Left Hypochondriac	Stomach Liver (tip) Pancreas (tail) Small intestine Transverse colon Descending colon Left kidney Spleen
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Right Lumbar	Liver (tip) Gallbladder Small intestine Ascending colon Right kidney
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X		

Umbilical	Stomach Pancreas Small intestine Transverse colon Right and left kidneys and ureters
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	X	

Left Lumbar	Small intestine Descending colon Left kidney tip
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Right iliac	Small intestine Appendix Cecum Ascending colon Right ovary and fallopian tube
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X		

Hypogastric	Small intestine Sigmoid colon Rectum uterus Right and left ovaries and fallopian tubes Right and left ureters Bladder Prostate
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	X	

Left iliac	Small intestine Descending colon Sigmoid colon Right and left ovaries Left fallopian tube
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		X

General inspection

- Colour e.g. Jaundice
- Ask about pain and note discomfort
- Spider-naevi throughout
- Note and describe vomit

Hands

- Leukonychia – White spotting in finger nails
- Koilonychia – Inwards spooning of finger nails
- Clubbing
- Anaemic palmar creases
- Palmar erythema
- Dupuytren's contracture – Inwards flexion of medial fingers
- Hepatic flap
- Pulse rate, rhythm and strength

Neck

- Jugular venous pressure

Face and Eyes

- Conjunctiva (Jaundice)
- Anaemia
- Mouth ulcers
- Dentition
- Dehydration – Lips and tongue
- Tongue disorders – e.g. Atrophy, Polyps

Lymph Nodes

- Occipital
- Pre and Post-auricular
- Submandibular
- Submental
- Tonsillar
- Anterior and posterior cervical
- Supraclavicular including scalene

Abdomen – Inspection

- Symmetry and shape – obvious lumps, bulging masses or distension
- Pulsations and Peristalsis
- Venous distension
- Discolorations – Bruise like shapes either central (Cullen's) or dispersed (Grey turner's)

Abdomen – Palpation

- Light and Deep – All 9 areas
- Rebound tenderness
- Ballot Kidneys
- Liver
- Spleen
- Bladder
- Aorta

Abdomen – Percussion

- Liver
- Spleen
- Bladder
- Shifting dullness
- Fluid thrill

Abdomen – Auscultation

- Bowel sounds and note location e.g. Descending colon
- Aorta
- Renal arteries – 4cm~ latero-superior from naval
- Liver bruits – Auscultate over liver

