

Testicular Self Examination

This sheet explains how to examine your testicles and look for lumps that may be testicular cancer. The testicles (also called the testes) are the male reproductive organs that produce sperm and the hormone testosterone. They are located in the scrotum under the penis.

A testicular self-exam should be performed every month if you have a family history of testicular cancer, had a previous testicular tumor, or have an undescended testicle.

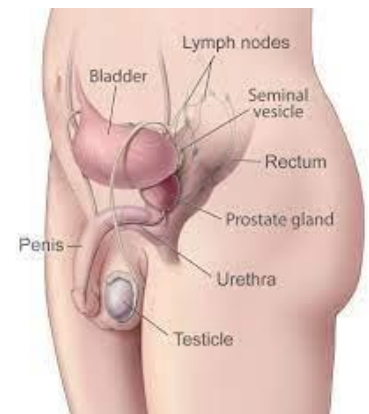
How the test is performed

Perform this test during or after a shower. This way, the scrotal skin is warm and relaxed. The test is best done while standing.

1. Gently feel your scrotal sac to locate a testicle.
2. Firmly but gently roll the testicle between the thumb and fingers of both hands to examine the entire surface.
3. Repeat the procedure with the other testicle.

What to look for

- Each testicle should feel firm, but not rock hard. One testicle may or may not be lower or slightly larger than the other.
- Normal testicles contain blood vessels and other structures that can make the exam confusing. Performing the self-exam monthly allows you to become familiar with your normal anatomy. Then, if you notice any changes from the previous exam, this alerts you to contact your doctor.
- Always ask your doctor if you have any doubts or questions.



What abnormal results mean

Contact your doctor if you:

- find a small, hard, pea-size lump
- have an enlarged testicle
- notice a change from your last self-exam
- can't find one or both testicles -- the testicles may not have descended properly in the scrotum
- see/feel a soft collection of thin tubes above the testicle -- it may be a collection of dilated veins
- have pain or swelling in the scrotum -- it may be an infection or a fluid-filled sac causing blockage of blood flow to the area

Sudden, severe (acute) pain in the scrotum or testicle is an emergency. If you experience such pain, seek immediate medical attention.