

Testicular Self-Examination

Patient Information



The Patient Information Leaflets page on the Trust website is available on the link:
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Author ID: AT/ML
Leaflet ref: Surg 057
Version: 6
Leaflet title: Testicular Self-Examination
Last review: July 2021
Expiry Date: July 2023

Testicular Self -examination

Monthly testicular examinations from puberty can detect testicular cancer at an early, detectable stage

Self-examination is best performed after a warm shower/bath

Performing the Examination

Stand in front of a mirror:

- 1) Check for any scrotal skin swelling
- 2) Roll the testicles between thumbs and fingers of both hands – there should be no pain. If one testicle is slightly larger than the other, no need to worry, this is normal
- 3) Feel the epididymis (soft tube behind testis) for any lumps



If a lump is found contact your doctor straight away

Other important conditions to be aware of:

- 1) Any enlargement/decrease in size of a testicle
- 2) A feeling of heaviness in the scrotum and/or a sudden collection fluid in the scrotum
- 3) A dull ache in the lower abdomen or groin

Signs unlikely to be testicular cancer include:

- 1) A pimple/rash on the scrotum
- 2) A free-floating lump on the scrotum or epididymis not attached to anything
- 3) Pain or burning during urination
- 4) Blood in the urine/semen

Anything out of the ordinary should be mentioned to your GP

Comments, Compliments or Complaints

The Patient Relations/Patient Advice and Liaison Service (PALS) Department provides confidential on the spot advice, information and support to patients, relatives, friends, and carers.

Contact Us

Tel: 01942 822376 (Monday to Friday 9am to 4pm)

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Ask 3 Questions

Become more involved in decisions about your healthcare. You may be asked to make choices about your treatment. To begin with, try to make sure you get the answers to three key questions:

1. What are my options?
2. What are the pros and cons of each option for me?
3. How do I get support to help me make a decision that is right for me?



How We Use Your Information

For details on how we collect, use, and store the information we hold about you, please see patient information leaflet, Ref. **Corp 006** How we use your information, this can be found on the Patient Information Leaflets page on the Trust website, see details on the front cover.

This leaflet is also available in audio, large print, Braille, and other languages upon request. For more information, please ask in the department/ward.

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