

Patient information

## Testicular Self Examination

Urology Department

**Testicular cancer is the most common cancer in young men. Testicular cancer can cause a lump in the testicle. This leaflet explains how to examine your testicles to check for abnormalities.**

### Background to Testes examination

Testicular cancer is the most common type of cancer in men around the ages of 20 to 40. The exact cause is not known, but if caught early it is one of the easiest cancers to treat and cure. So, if you are a teenage boy or young man, you should get to know how your testes normally feel. Any changes would then be easier to detect.

Some men are at a higher risk of testis cancer. This includes brothers of people with cancer of the testis and those men who have had to have surgery to bring the testis down into the scrotum. It is particularly important that these men regularly examine their testicles.

### How to examine your testicles

You should check your testicles regularly (about once a month). This is best done after a warm bath as the heat relaxes the skin around the testicles making them easier to examine.

Fig A

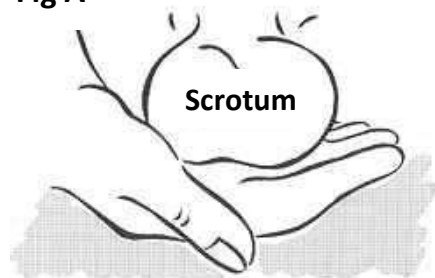


Fig B

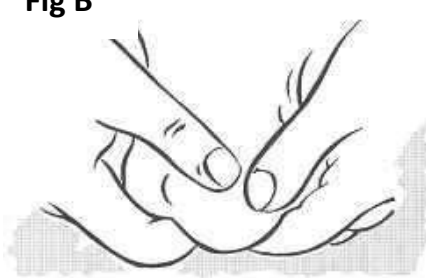
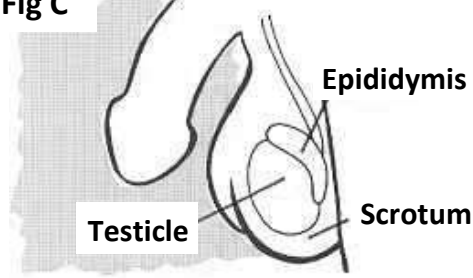


Fig C



1. Support the testicles in one hand and feel each with the other hand, (it is perfectly normal to notice that one testicle is slightly larger than the other, or that one hangs lower down).
2. Gently roll each testicle between your thumb and your fingers. You'll feel a smooth, tubular structure (epididymis) that covers the top, and back of each testicle. Gently separate this tube from the testicle with your finger to examine the testicle itself, which should feel like a smooth oval structure with no hard areas or lumps.

## **What should I do if I notice any changes?**

If you notice a lump or any other change, consult your family doctor (GP) or nurse practitioner at the earliest opportunity. You may be worrying needlessly if you don't.

If your doctor or nurse is concerned, they will refer you to a specialist. In most men the diagnosis can be made or excluded by a simple scan that is quick and easy to perform

Please try not to feel embarrassed about contacting your healthcare professional. Never feel that you are wasting their time if you are worried.

## **Feedback**

Your feedback is important to us and helps us influence care in the future.

Following your discharge from hospital or attendance at your outpatient appointment you will receive a text asking if you would recommend our service to others. Please take the time to text back, you will not be charged for the text and can opt out at any point. Your co-operation is greatly appreciated.

## **Further Information:**

**For concerns relating to your own care phone your consultant or your family doctor (GP).**

**For general queries telephone the Urology Centre**

**Tel: 0151 282 6797 or 0151 282 6877**

**Text phone number: 18001 0151 282 6797 / 18001 0151 282 6877**

**Health of Men:**

**[www.healthofmen.com](http://www.healthofmen.com)**

**Department of Health:**

**[www.dh.gov.uk](http://www.dh.gov.uk)**

**NHS 111**

**Tel: 111**

**Author: Urology Department**

**Review Date: January 2024**

All Trust approved information is available on request in alternative formats, including other languages, easy read, large print, audio, Braille, moon and electronically.

يمكن توفير جميع المعلومات المتعلقة بالمرضى الموافق عليهم من قبل انتمان المستشفى عند الطلب بصيغ أخرى، بما في ذلك لغات أخرى وبطرق تسهل قراءتها وبالحروف الطباعية الكبيرة وبالصوت وبطريقة برايل للمكفوفين وبطريقة مون والكترونياً.

所有經信托基金批准的患者資訊均可以其它格式提供，包括其它語言、易讀閱讀軟件、大字體、音頻、盲文、穆恩體 ( Moon ) 盲文和電子格式，敬請索取。

در صورت تمایل میتوانید کلیه اطلاعات تصویب شده توسط اتحادیه در رابطه با بیماران را به اشکال مختلف در دسترس داشته باشید، از جمله به زبانهای دیگر، به زبان ساده، چاپ درشت، صوت، خط مخصوص کوران، مون و بصورت روی خطی موجود است.

زانیاری پیوندیدار بهو نهخوشانهی له لایمن تراستاموه په سمند کراون، نهگمر داوا بکرنیت له فورماتیکانی تر دا بریتی له زمانهکانی تر، نیزی رید (هاسان خویندنهوه)، چاپی گموره، شریتی دهنگ، هیللی موون و نملیکترونیکی همیه.

所有经信托基金批准的患者信息均可以其它格式提供，包括其它语言、易读阅读软件、大字体、音频、盲文、穆恩体 ( Moon ) 盲文和电子格式，敬请索取。

Dhammaan warbixinta bukaanleyda ee Ururka ee la oggol yahay waxaa marka la codsado lagu heli karaa nuskhado kale, sida luqado kale, akhris fudud, far waaweyn, dhegeysi, farta braille ee dadka indhaha la', Moon iyo nidaam eletaroonig ah.