

Testicular Self Examination

The following steps should be performed regularly each month and are best done during a warm bath or shower. This is because heat relaxes the skin on the scrotum, making examination easier.



1. Support the scrotum in the palm of the hand and assess the size and weight of the testicles. Any noticeable increase in size or weight may indicate something is wrong, however it is perfectly normal to have one testicle slightly larger than the other, or one that hangs lower than the other.



2. Examine each testicle in turn using both hands. Gently roll the testicle between fingers and thumb (Too much pressure will hurt!) Normally, testicles have a smooth surface, so check for any lumps or irregular swellings. Also feel for changes in firmness. As it is very rare for cancer to develop in both testicles, you can check for changes in one by comparing it to the other.



3. Don't mistake the epididymis for an abnormality. The epididymis is a large irregular structure that lies along the top and back of the testicle. In a warm bath or shower, it can easily be separated from the testicle.