Wrightington, Wigan and Leigh Teaching Hospitals
NHS Foundation Trust

Testicular Self Examination

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Testicular Self-Examination

Patient Information

Urology Department

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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:

- Check for any scrotal skin swelling
- 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
- 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:

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

Signs unlikely to be testicular cancer include:

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

Anything out of the ordinary should be mentioned to your GP



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