

# Testicular Self-Exams

*Urology Care*  
FOUNDATION™

*The Official Foundation of the  
American Urological Association*

A testicular self-exam is an easy way to identify testicular tumors, or other problems, and can be lifesaving. All men and teenage boys should learn how to do a testicular self-exam.

The best time to examine your testicles is just after a warm bath or shower, the scrotal skin will be relaxed. It's best to do the exam while standing up. It only takes a few minutes.

## How to do a Testicular Self-exam:

1. **Examine each testicle.** Gently but firmly roll each testicle between the thumb and forefingers of both hands. Feel the whole surface. The firmness of the testicle should be the same all around. It's normal for one of the testicles to be slightly larger than the other.
2. **Find the epididymis and vas deferens.** These are soft tube or cord-like structures above and behind the testicle. Become familiar with how these cords feel so you can note any changes.
3. **Look for lumps, swelling or things that don't seem right.** Lumps or bumps are not normal (even if they cause no pain). Pain is also not normal.
4. **Check yourself at least once per month.** Regularly look for any changes in size, shape or texture.

If you notice a lump or any changes over time, you should seek medical advice. It may not be testicular cancer, but if it is, this cancer can spread quickly. When it's found early, testicular cancer is curable.

## About the Urology Care Foundation

The Urology Care Foundation is the world's leading urologic foundation – and the official foundation of the American Urological Association. We provide information for those actively managing their urologic health and those ready to make health changes. Our information is based on the American Urological Association resources and is reviewed by medical experts. To learn more, visit the Urology Care Foundation's website, **UrologyHealth.org/UrologicConditions** or go to **UrologyHealth.org/FindAUrologist** to find a doctor near you.

## Disclaimer

This information is not a tool for self-diagnosis or a substitute for professional medical advice. It is not to be used or relied on for that purpose. Please talk to your urologists or health care provider about your health concerns. Always talk to a health care provider before you start or stop any treatments, including medications.

For more information, visit **UrologyHealth.org/Order** or call 800-828-7866.

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SexualHealth-TesticularSelfExam-FS-2019-English