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# Testicular Self Examination

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## Frequently Asked Questions

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### When should I do self-examination?

Self-examination for Testicular Cancer is best performed after a warm bath or shower. Heat relaxes the scrotum, making it easier to spot anything abnormal.

### How should I do it?

- ~ Stand in front of a mirror. Check for any swelling on the scrotal skin.
- ~ Examine each testicle with both hands. Place the index and middle fingers under the testicle with the thumbs placed on top. Roll the testicle gently between the thumbs and fingers; you shouldn't feel any pain when doing the examination. Don't be alarmed if one testicle seems slightly larger than the other because that is normal.
- ~ Find the epididymis, the soft, tube-like structure behind the testicle that collects and carries sperm. If you are familiar with this structure, you won't mistake it for a suspicious lump. Cancerous lumps are usually found on the sides of the testicle but can also show up on the front. Lumps in the epididymis are virtually never cancerous.

### What if I find an abnormality?

If you find a lump, see a doctor right away. The abnormality may not be cancer but may just be an infection. If it is testicular cancer, it will spread if it is not stopped by treatment. Waiting and hoping will not fix anything. Free-floating lumps in the scrotum that are not attached in any way to a testicle are not testicular cancer. When in doubt, get it checked out—if only for peace of mind!

### What other conditions may be important?

- ~ Any enlargement of a testicle
- ~ A significant loss of size in one of the testicles
- ~ A feeling of heaviness in the scrotum
- ~ A dull ache in the lower abdomen or in the groin
- ~ A sudden collection of fluid in the scrotum
- ~ Pain or discomfort in a testicle or in the scrotum
- ~ Enlargement or tenderness of the breasts.

Anything out of the ordinary should be mentioned to your GP but the following are not usually signs of testicular cancer:

- ~ A pimple, ingrown hair or rash on the scrotal skin
- ~ A free-floating lump in the scrotum, seemingly not attached to anything
- ~ A lump on the epididymis or tubes coming from the testicle that feels like an extra testicle
- ~ Pain or burning during urination
- ~ Blood in the urine or semen

Remember that only a doctor can make a positive (or negative) diagnosis so, if you find something abnormal, do not delay in seeing your doctor.

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## Testicular Self Examination continued...

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### Who can I contact for more help or information?

**Dr Peter Campbell**

Suite 9, level 9, Evan Thomson Building, The Wesley Hospital,  
Chasely St,

Auchenflower, QLD 4066

(07) 3367 1608,

[www.campbellurology.com.au](http://www.campbellurology.com.au)

**The Wesley Hospital, Urology Ward**

451 Coronation Drive,

Auchenflower, QLD 4066

(07) 3232 7168

[www.uhc.com.au/wesley](http://www.uhc.com.au/wesley)

**The Wesley Emergency Centre**

451 coronation Drive,

Auchenflower, QLD 4066

(07) 3232 7333

**Greenslopes Private Hospital, Continence Advisor**

Newdgate St,

Greenslopes, QLD 4120

(07) 3394 7978

[www.greenslopesprivate.com.au](http://www.greenslopesprivate.com.au)

**Greenslopes Private Hospital Urology Ward**

Newdgate St,

Greenslopes, QLD 4120

(07) 3394 7261

[www.greenslopesprivate.com.au](http://www.greenslopesprivate.com.au)

**Greenslopes Private Hospital Emergency Centre**

Newdgate St,

Greenslopes, QLD 4120

(07) 3394 6777

[www.greenslopesprivate.com.au](http://www.greenslopesprivate.com.au)

**The Queen Elizabeth II Jubilee Hospital,  
Urodynamics Department**

Kessels Rd,

Coopers plains, QLD 4108

(07) 3275 6346

**American Urological Association Foundation**

1000 Corporate Blvd, Suite 410,

Linthicum, MD 21090

1800 828 7866

[www.urologyhealth.org](http://www.urologyhealth.org)

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If you wish to retain a copy for you own records, one will be provided.

*I have read this information sheet and I accept the information it provides.*

Signature

Date

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