



Testicular Self-Exam

Doing a self-testicular exam is part of taking good care of your health. Fine motor skills, fingertip sensation and good thinking/reasoning skills are needed. If you feel you struggle with any of these skills, your caregiver should help you with the exam.

1. Testicular exams should be performed once a month.
2. After a warm shower or bath is the best time to check your testes. Heat helps your scrotum relax and makes it easier to feel the testicles.
3. Hold each testicle between your thumb and fingers gently feel the top, bottom, front and back for any new bumps, hard spots, or anything new. You should feel the epididymis (feels like a tube) along the top and back of each testicle; this is normal.
4. Repeat on the other side.
5. Lastly, put the two testicles side-by-side and inspect them. They should be identical in size and shape.

Call your primary health care provider if you notice any of the following:

1. Hard lump
2. One testicle feels bigger than the other
3. Testicles feel different or heavy
4. Pain or swelling in scrotum
5. Dull ache in your groin or lower abdomen

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