

Testicular self-examination fact sheet

Finding a testicular lump early leads to early diagnosis and treatment of testicular cancer.

Quick facts

- Testicular self-examination is easy to do
- Testicular self-examination is important to do each month

What is this?

Testicular self-examination is the technique of checking your testicles for abnormal lumps. It is important to do because finding a testicular lump early leads to earlier diagnosis and treatment of testicular cancer.

Testicular cancer, although rare, is the most common type of cancer found in men between 15 and 34 years of age. Testicular self-examination is easy to do and only takes a minute every month.

How do you test for it?

The best time to do testicular self-examination is during a warm shower or bath. When your scrotum is warm the skin is relaxed and it is easier to feel the texture underneath.

Examine each testicle separately with both hands. Roll the testicle gently between your thumb and fingers, this is not usually uncomfortable. It is common for one testicle to be higher or slightly larger than the other.

Use your thumb and fingers to find the epididymis, the soft tubular structure behind the testicle that collects and carries sperm. Lumps on the epididymis are not usually anything to be worried about. Cancerous lumps may be found on the sides of the testicle but can also occur on the front.

If you find a lump on your testicle see a doctor as soon as possible. Most lumps found in this way are not serious, but it is important to make sure. If there is any uncertainty your doctor may suggest further investigation such as an ultrasound scan.

Disclaimer

This fact sheet provides general sexual health information and is not intended to replace the need for a consultation with your doctor. If you have concerns about your health, you should seek advice from your doctor.

If you need urgent care, go to your nearest Emergency Department or call-000.