



How to Perform a Testicular Self-Exam

The best time to do the self-exam is during or after a bath or shower, when the skin of the scrotum is relaxed. To do a testicular self exam:

- Hold the penis out of the way and examine each testicle separately.
- Hold the testicle between the thumbs and fingers with both hands and roll it gently between the fingers.
- Look and feel for any hard lumps or nodules (smooth rounded masses) or any change in the size, shape, or consistency of the testes.

You should be aware that each normal testis has an epididymis, which appears as a small "bump" on the upper or middle outer side of the testis. Normal testicles also contain blood vessels, supporting tissues, and tubes that conduct sperm. If you have any doubts or notice any changes, contact your doctor.

-The American Cancer Society