فقيه

مجموعة فقيه للرعاية الصحية
Fakeeh Care Group

فقيه

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How to Check Your Testicles

How to Check Your Testicles

A self-examination of your testicles (testicular self-exam) involves looking at and feeling your testicles for abnormal lumps or swelling.

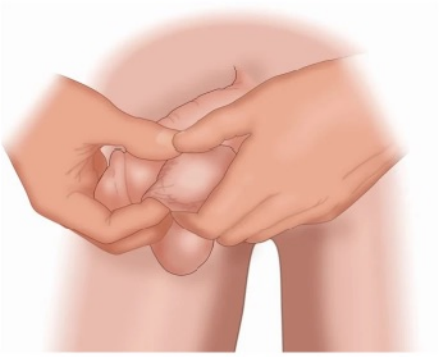
Several things can cause swelling, lumps, or pain in your testicles, including:

- Injuries.
- Inflammation.
- Infection.
- Buildup of fluids around the testicle (hydrocele).
- Twisted testicles (testicular torsion).
- Testicular cancer. You may be at risk for this if you have:
  - A testicle that has not descended.
  - Previously had testicular cancer.
  - A family history of testicular cancer.

General tips

It is easiest to do a self-exam during or after a warm bath or shower. Testicles are harder to examine when you are cold because the muscles attached to the testicles retract and pull them up higher or into the abdomen.
A normal testicle is egg-shaped and feels firm. It is smooth and not tender.
It is normal to feel a firm, spaghetti-like cord at the back of your testicle. This is the spermatic cord.
Do a self-exam once a month.

How to do a testicular self-exam



1. Stand and hold your penis away from your body.

2. Look at each testicle to check for changes in appearance, such as swelling or changes in size or shape

3. Roll each testicle between your thumb and forefinger, feeling the entire testicle. Feel for:
- Lumps.
- Swelling.
- Discomfort.

4. Check for swelling or tender bumps in the groin area. Your groin is where your lower belly (abdomen) meets your upper thighs.

Contact a health care provider if:

- You find a bump or lump. This may be a small, hard bump that is the size of a pea.
- You have swelling, pain, or soreness in your testicle area.
- You see or feel any other changes in your testicles.

This information is not intended to replace advice given to you by your health care provider. Make sure you discuss any questions you have with your health care provider

If any concerning signs develop or the health condition worsens, please seek immediate medical attention or visit the nearest Emergency Department.

For emergency medical care, please contact 920012799.

To book an appointment, please contact the Central Booking Center at 920012777.



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