



Testicular Self-Exam

Learn how to do this monthly self-exam.

It is recommended that males over 18 years of age check their genitals monthly in order to catch any irregularities that could be early signs of testicular cancer or a sexually transmitted infection (STI).

Here's how to do it

Testicular self-exam is simple to perform and can quickly become a part of your routine. Exams should be performed once a month after a warm bath or shower. (The heat causes the scrotal skin to relax, making it easier to find anything unusual.)

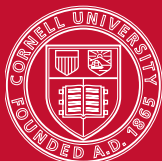
- Examine each testicle separately.
- Using both hands, put your thumbs on top of the testicle and the pads of your fingers under and behind the testicle.
- Gently slide or roll the skin of the scrotum across the testicle. Do not rub.
- Examine the entire area of the testicle. The surface should feel smooth, without lumps or tenderness
- Feel the side of the testicle closest to the body for the epididymis. The epididymis is a comma-shaped, cord-like tube that stores and transports sperm. It can be easy to mistake the “lump” of the epididymis for an abnormal lump. Cancerous lumps are more commonly found at the front of the testicle.

If you're not sure if you have felt the epididymis or a lump, make an appointment at Cornell Health. Feel free to request the medical clinician you would be most comfortable seeing.

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When to make an appointment

The following symptoms are important to discuss in an appointment with a health care provider:

- a hardness or lump in a testicle
- swelling of the scrotum
- sores or bumps on the genitals
- genital discharge, redness, or pain

Appointments at Cornell Health can be made online via myCornellHealth (anytime), or by calling 607-255-5155 during business hours.

Additional information

- Brown University's Testicular Self Exam page
- Testicular self-exam and cancer information from the American Cancer Society