

Testicular Self-Exam

 Testicular
Cancer
Awareness
Foundation



*cup one testicle at a time using both hands
best performed during or after a warm bath or shower*

*examine by rolling the testicle
between thumb and fingers
use slight pressure*



*feel for lumps, change in
size or irregularities
it is normal for one testis to be
slightly larger than the other*



*familiarize yourself with the
spermatic cord & epididymis
tube like structures that connect
on the back side of each testicle*

