

# Testicular Self-Examination



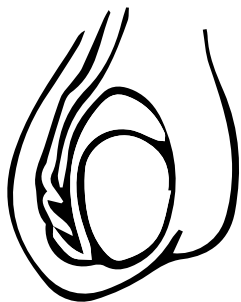
- 1.** Cup one testicle at a time using both hands. Best performed during or after a warm bath or shower.



- 2.** Examine by rolling the testicle between thumb and finger using slight pressure.



- 3.** Familiarise yourself with the spermatic cord and epididymis tube like structures that connect on the back side of each testicle.



- 4.** Feel for lumps, change in size or irregularities. It is normal for one testis to be larger than the other.

**Remember it is important to check on a regular basis. It's not a load of balls!**

