

How to...

# CHECK YOUR TESTICLES

Testicular cancer is the most common cancer in young men aged 15-44.  
If caught early, testicular cancer is very treatable and is nearly always curable.

The best time to examine yourself is after a warm bath or shower when the skin of your scrotum is relaxed.

1



Most lumps found on the testicles are not cancer, but any changes in size, shape or weight should be checked by your GP.

2



Support the scrotum in the palm of your hand and become familiar with the size and weight of each testicle.

3



Examine each testicle by rolling it between your fingers and thumb. Gently feel for lumps, swellings or changes in firmness.

4



Each testicle has a soft tube at the top (epididymis) which carries sperm to the penis. Don't panic if you feel this – it's normal.

For more information call our Cancer Nurseline Freephone **1800 200 700**  
or Email [cancernurseline@irishcancer.ie](mailto:cancernurseline@irishcancer.ie) or visit [www.cancer.ie](http://www.cancer.ie)