

How to Perform a Self-Exam for **TESTICULAR CANCER**

- This exam should be done while standing, ideally during or after a shower, when the skin around the scrotum is warm and relaxed. Do it at least monthly.
- Using one hand to stabilize it, firmly but gently feel the entire surface of the testicle using the fingers and thumb of the other hand. Do this for both testicles.
- The testicles should feel firm but not rock-hard. If you feel any lumps, an enlarged testicle, or notice anything else that doesn't seem normal, see a doctor right away. It is normal for one testicle to be lower than the other.

To schedule an appointment with
UAB Medicine Urology, call 205-996-8765.

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