

Know Your Body:
Checking my....

testicles
balls
bits

Scrotum
nuts
cobblers

What do you call yours?



Version 1: Information was correct as of 5 October 2022

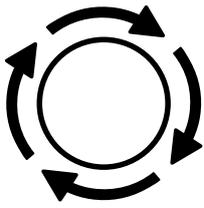
The health information in these materials relating to testicular cancer awareness is provided by **Orchid**.

References available on request.

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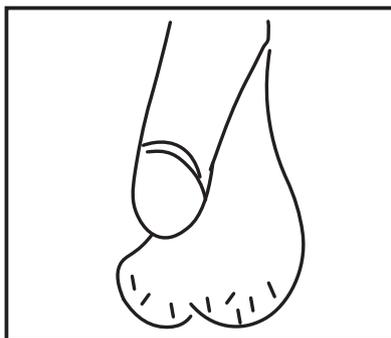
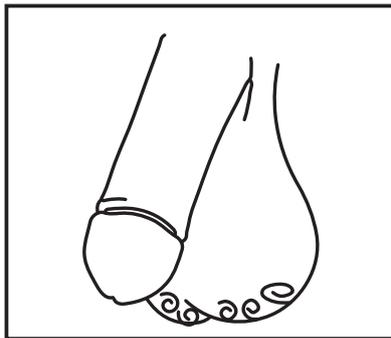
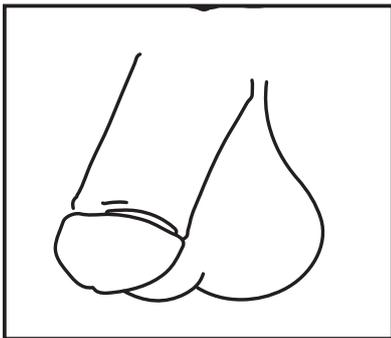
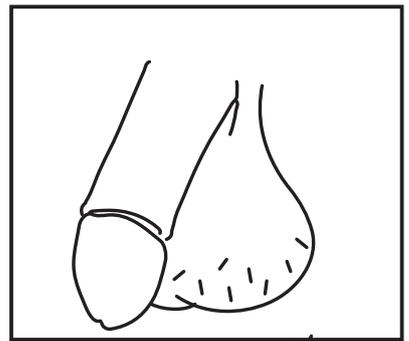
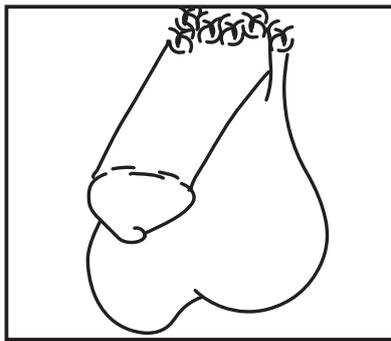
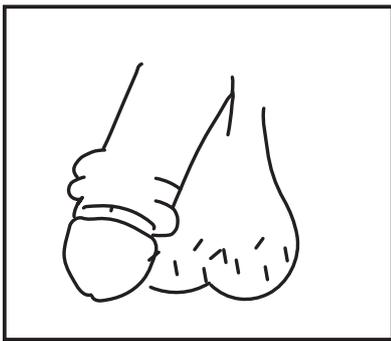


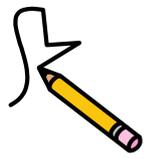
Your name _____



circle

What do your testicles look like?
Circle the picture below that looks most like you.





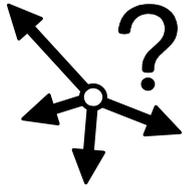
draw

Or you can **draw** your testicles in the space below.



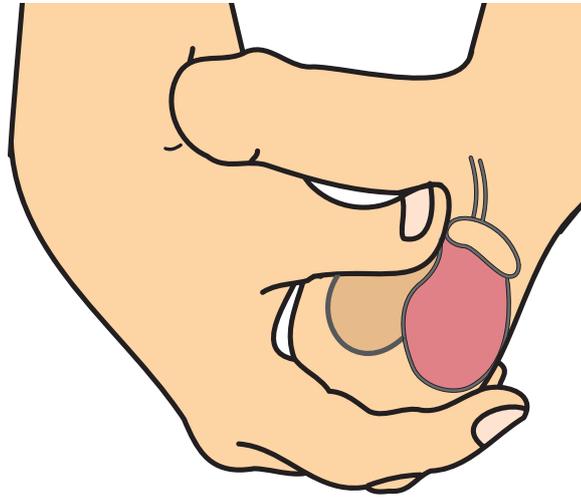
moles

Think about what your testicles look like. Remember to add any moles, freckles, or marks that you have.

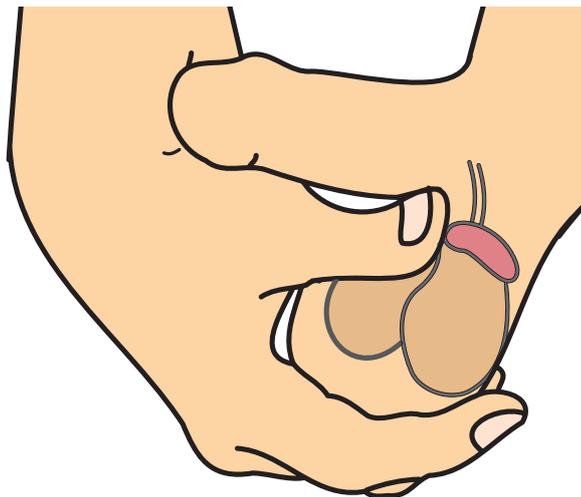


where

Where should I be checking?



Hold your scrotum in the palm of your hand. Gently use your thumb and fingers to feel all around your testicles.



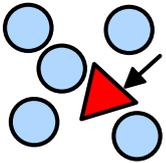
Remember there is a soft tube which runs behind each testicle and is normal.



What should I be aware of?

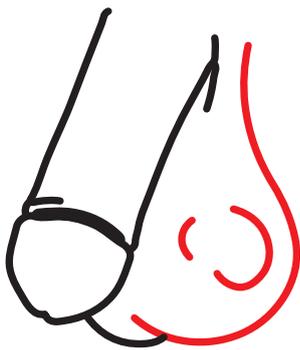
what

You should feel and look for anything that feels different or not normal for you.

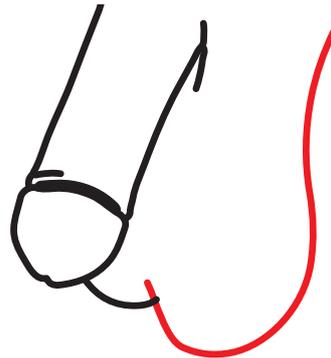


different

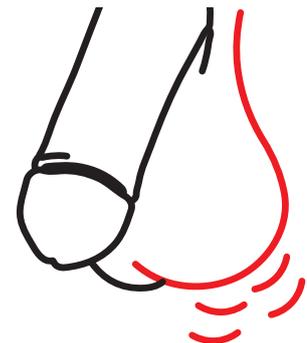
You should contact a doctor if you notice any of the below symptoms.



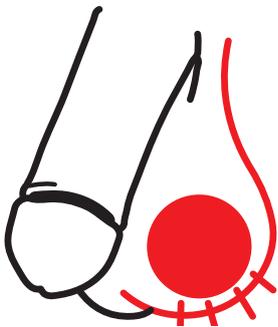
Swelling or a lump in testicles



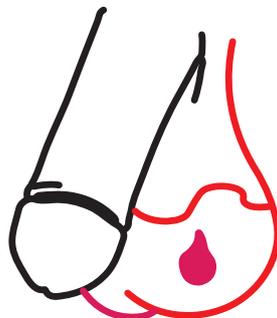
Any change in shape



Your scrotum feels different



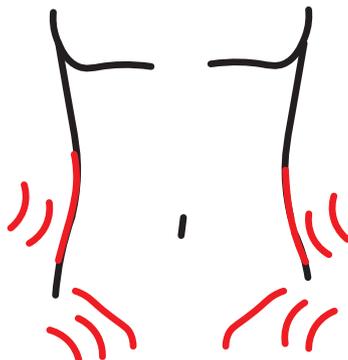
Your testicles feel firm (less soft)



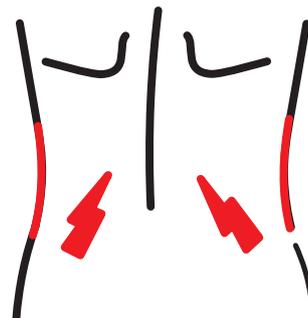
More fluid in your testicles



Pain in your testicles



Pain in lower stomach or groin



Lower back pain



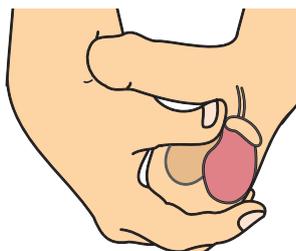
write

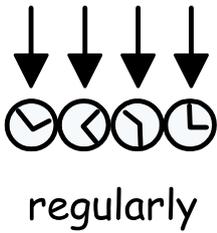


draw

Use the space below to write about or draw how your testicles normally feel

My testicles look and feel like....





You should be checking your testicles on a regular basis. Write below how often you will check yourself (for example “every month”).

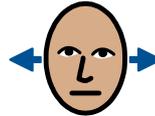
I will check myself every...



Will someone support you to complete your body diary? Please tick one.

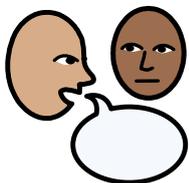


yes



no

(If yes) Their name is...



Who will you tell if you notice any changes? (support worker, family member or doctor)

I will tell....

My body diary



Date _____

diary

Today I checked my...

Remember to colour or add your sticker!

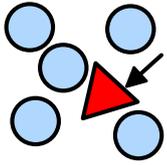
A circular sticker with a dashed border containing the text "Today I checked myself".

Today my

felt like...

(fill in the space with what you call yours)

Large empty rectangular box for writing.

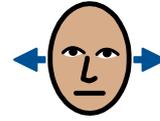


different

I felt like something was different (tick one)



yes



no



what

If yes, what was different. **Write below** or **put a tick** in the boxes that apply.



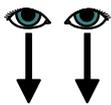
colour

The **colour**



felt

How it **feels**



looked

How it **looks**



doctor

If you have noticed a change, you may need to see a doctor. Did you write down who you would tell if you noticed any changes? You should let them know.