

# Testicular Examination

## Introduction

- **W**ash hands, **I**ntroduce self, ask **P**atient's name & DOB & what they like to be called, **E**xplain examination and get consent
- Get a **chaperone**
- Expose patient from waist down, have patient stood up
- Apply gloves

## General Inspection

- **Patient:** stable, pain/ discomfort, cachexia, body hair loss, gynaecomastia
- **Around bed**

## Inspection

From front but ensure you also lift scrotum to inspect posteriorly

- **Skin:** erythema, rashes, excoriations, scars, ulcers
- **Testes:** level (left usually lower), swelling, oedema, masses
- **Inspect penis and retract foreskin**

## Palpation

Perform with patient standing then lying. Support the testes with left hand and feel with index finger and thumb of right hand.

- **Testes:** feel inferior, middle and superior parts of testes. Note size, consistency, any lumps/masses.  
Describe lump (SSSCCTTT): Site, Size, Shape, Consistency, Contours, Colour, Tenderness, Temperature, Transillumination
- **Epididymis:** feel around the posterior aspect of each testis for epididymis (**epididymitis**)
- **Spermatic cord:** feel neck of scrotum (superior to testes) with thumb anteriorly and index finger posteriorly (feels like string)
- **Examine inguinal lymph nodes**
- **Reflexes:**
  - Phren's test: if testicular pain is relieved by elevating testes it's epididymitis; if not, it's testicular torsion
  - Cremasteric reflex: stroke inside of leg and watch scrotal skin tighten

## Finally

- **Feel supraclavicular lymph nodes:** testicular cancer metastasises here (not inguinal nodes)

## To Complete exam

- Thank patient and cover them
- "To complete my exam, I would do a full abdominal examination and hernia examination"
- Summarise and suggest further investigations you would do after a full history

### Specific conditions

- hydrocele: fluid filled lump attached to testis
- varicocele: dilated veins in scrotum, feels like a bag of worms
- epididymal cyst
- testicular lump
- inguinal-scrotal hernia: can't get above it
- epididymitis
- testicular torsion