

TESTICULAR EXAMINATION – A QUICK GUIDE

Inspection (Lecture notes + Browse Chapter 14)

Scrotal skin

- The scrotal skin is usually wrinkled and freely mobile. If it is **reddened** (inflammation), **black** (gangrenous), **swelled up** (sebaceous cysts) then there is an associated pathology present.
- **Always check the posterior side of the scrotum**
- Is the lesion an ulcer or a lump? Elicit all the signs for these things.

Testes

- Check the position of the testis. Usually one testis is higher than the other.

Penis / Urethra

- Look for **red patches** (erythroplasia), **oedema** (paraphimosis), **tumours of the glans** (carcinoma), **urethral discharge** (non-specific urethritis, Reiter's syndrome).
- **Examination is done by slowly retracting the skin of the penis to examine the glans, and external meatus (discharge)**

Palpation (Lecture notes + Browse Chapter 14)

Testis

- Define its **position** (scrotum or not in scrotum), **size** (atrophy), **contour** (lumpy / smooth), **sensation** (insensate → atrophy, tender → trauma, orchitis, torsion), **consistency** (hard → atrophy, tumour mass vs soft → hypoplasty, vs swelling → cysts, hydrocoeles), **transillumination** (+ve = hydrocoele, opaque = blood, pus)

Epididymis

- Define any **swellings** (hydrocoele, cysts), **pain** (epididymitis), **transillumination** (+ve = hydrocoele etc)

Tunica vaginalis

- Can you feel the spermatic cord above the swelling? Usually, you should be able to do this. But there is one exception where you can't, and this is because the hydrocoele extends up into the inguinal canal.

Spermatic Cord

- **Palpate the spermatic cord between your index finger and thumb.** Check for any **lumps** (hydrocoele, lipoma), **“bag of worms”** (varicocoele, usually left side)

Inguinal nodes

- Feel for any lumps in the inguinal region

Para-aortic nodes

- Feel for any nodes in the abdomen. They can only be felt when they are extremely large.