

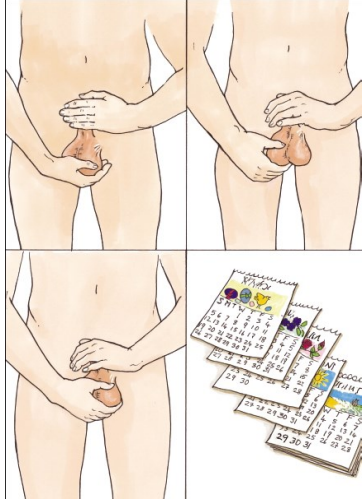


**Cheshire and Wirral  
Partnership**  
NHS Foundation Trust

# Looking after your balls



**Information for men**



If you are a man it is important to check your balls every month.

This leaflet tells you how to check your balls.

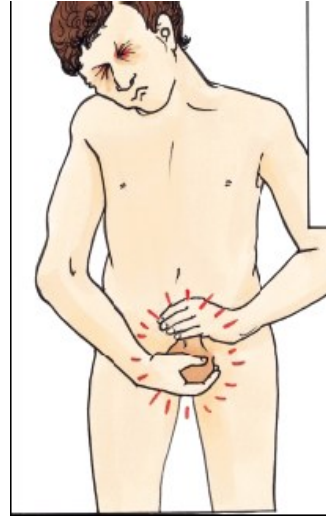
Check your balls after you have had a shower or a bath.



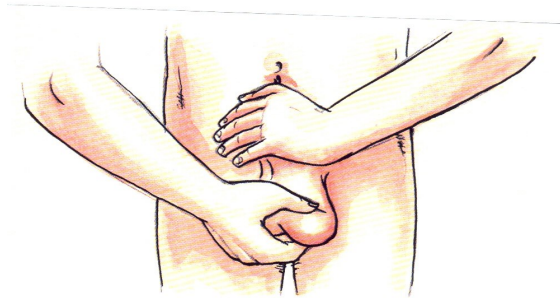
Look at the pictures.

Use your hands to feel your balls.  
Roll each one gently between your  
finger and thumb.

Does it hurt when you touch your  
balls?



Can you feel any lumps  
when you touch your  
balls?



Have a look at your balls.

Is one of your balls much  
bigger than the other one?

**You must contact your GP:**

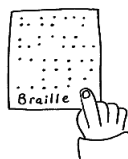
- If it hurts when you touch your balls
- If you find any lumps when you touch your balls
- If one of your balls is much bigger than the other
- If you are worried about anything

**Telephone your GP and make an appointment.**

Ask your carer to help you.



This leaflet is available in other languages or formats



**For more information see [www.cwp.nhs.uk](http://www.cwp.nhs.uk).**

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