

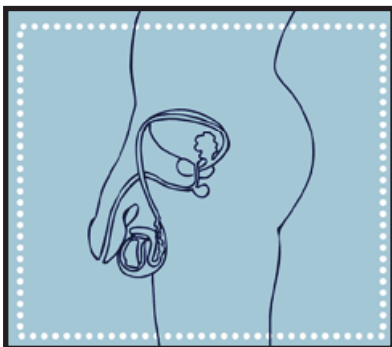
What to Expect at Your First Men's Health Exam....

To make sure that you are healthy, your healthcare provider will check your genitals. This can seem uncomfortable or embarrassing, but exams are important for your health. A provider needs to check your anatomy to make sure you are developing normally. If you are sexually active they will check for sexually transmitted diseases. They may also check your testicles for signs of testicular cancer, which is rare but can effect young men.

- 1** Your health care provider will ask you some questions about your body. He or she will ask if you have noticed any changes, and if you are sexually active. It is important to tell the truth when you answer the questions. The provider will not tell anyone what you tell him or her unless he thinks that someone has hurt or abused you.
- 2** You will be asked to undress and put on a gown. You will probably be left alone in the room to change your clothes.
- 3** Your provider will start by looking at your genital hair. He or she will then gently touch your testicles, penis and the surrounding areas. He or she is looking for anything that looks or feels unusual. Your provider may also teach you how to give yourself a testicular exam
- 4** You may be asked to “turn your head and cough.” This is to check for hernias.
- 5** Your provider might perform a rectal exam. This is done by inserting a gloved finger in your anus. This is not usually performed on teens.
- 6** Your provider may test for sexually transmitted infections. He or she will test you if you are sexually active or if you have STI symptoms. You can also ask for STI tests. This may be done by asking you to pee in a cup. Sometimes this is done by inserting a Q-tip into the small hole at the tip of your penis, the urethra and in the anus if you have anal sex. If you are worried about the Q-tip exam, ask if they offer a urine test when you schedule the appointment.
- 7** Your provider will usually leave the room so you can change. Ask your provider any questions about the exam and your health.

SOME TIPS...

- It is your right to ask for a different health care provider if you do not feel comfortable with the one you have.
- It is almost always ok to bring someone, like a relative or a friend, into the exam room with you.
- The exam might be uncomfortable but it shouldn't hurt. If you feel any pain during the exam, tell your provider.
- Be familiar with your body so you know when anything changes.
- Ask questions! This is a great opportunity to ask about your body, sex, STIs and birth control.
- If you don't want to be contacted at your home with your test results, make sure you speak up about this!
- You can call your provider to find out the results of your tests.



Other Resources/Links:

⇒ Sexual Health Exams

http://www.youthresource.com/health/features/what_to_expect.htm

<http://www.youngmenshealthsite.org>

<http://www.teenwire.com/infocus/2003/if-20031015p199-gyno.php>

⇒ Self-Testicular Exams

http://www.kidshealth.com/teen/sexual_health/guys/tse.htm

http://www.usrf.org/video_tomgreen/tcexam.html