



Greater Midlands Cancer Network

Patient information

Suspected Testicular Cancer

Introduction

You have been informed that there is a suspicion that you have a testicular cancer. This leaflet sets out to inform you as to what to expect in regard to your surgery and ongoing plans for investigation and management.

What is Testicular Cancer?

The testicle is made up of groups of specialized cells with the main functions to produce sperm and the male hormone testosterone. Testicular cancer is a disease of these cells. The growth and repair of cells within the testicle usually occurs in a controlled and organized manner. If for some reason, the process gets out of control, the cells will divide and grow into a lump, which is called a tumour.

What investigations do I need?

- An Ultrasound scan of the testes to identify a lump in the testicle.
- Blood tests to check your general fitness and to detect information which may indicate the presence of a testicular cancer. These blood tests will be taken before and after your operation.
- Chest x-ray.
- CT scan to gain information to look for any signs of disease outside the testicle.

Following this operation, your physical level of sexual functioning is rarely unchanged, you should still be able to have an erection and orgasm will not be affected. If there is any risk to your fertility and sperm count by any additional treatment you will be offered sperm banking; this will be discussed with you prior to any additional treatment.

What does the surgery (Orchidectomy) involve?

This operation is performed under an anaesthetic through a small incision in your groin. A prosthesis (false testicle) can be inserted at the time of surgery or at a later date. Please feel free to discuss this with the Doctor.

- You can expect to be in hospital for 1-2 days
- Your stitches will dissolve and don't need removing
- Simple pain killers such as paracetamol will help with any post operative discomfort
- You will be able to bath or shower as usual
- You will be able to return to normal daily activities including work as soon as you
- You will be able to drive two weeks after surgery.
- You should avoid vigorous exercise for six weeks after the operation.
- Resume sexual relations when healing is complete and you feel comfortable to do so

Are there any risks or complications?

The likelihood of complications is greater in men with the following;

- Obesity
- Smokers
- Sufferers of recent or chronic illness
- Heavy drinkers
- Users of drugs such as mind altering drugs, muscle relaxants, tranquilizers, sleep inducers, insulin or sedatives

Occasional risks;

- Excessive bleeding
- Surgical wound infection

Rare risks:

- Removal of the testes only to find cancer not present
- Possibility that pathology diagnosis will be uncertain
- Wound infection needing further treatment and removal of implant
- Bleeding requiring further surgery and removal of implant

If prosthesis inserted:

- Pain or infection requiring removal of the implant.
- Cosmetic expectations not met by patient.
- Implant may lie higher in the scrotum
- Long term risks from silicone remain unknown

What will happen next?

Once the affected testicle is removed it will be sent to the laboratory for examination.

If a diagnosis of testicular cancer is confirmed your laboratory results, CT scan and tumour markers (blood tests) will be forwarded to **The University Hospital of Birmingham.**

Your case will be discussed by their team of testicular cancer experts and a decision will be made as to the best options of treatment for you. These may involve Chemotherapy or Radiotherapy

Once all the information is available you will receive an appointment to see the Oncologist (Cancer Specialist) in their New Patient Clinic at the University Hospital in Birmingham

Who can I contact for help and support?

If you have any worries or problems please contact Karen Moore or Kay Willard Clinical Nurse Specialists in Urology Cancer at University Hospital of North Staffordshire on 01782 679370.

Once you have been referred to the University Hospital of Birmingham you can also contact Paul Hutton who is the Testicular Cancer Nurse Specialist in Birmingham. Paul's contact number is 0121 6978423

For further information, help and support

<http://www.checkemlads.com/>

This is a useful and informative web site with video footage filmed by men who have previously been diagnosed with testicular cancer

University Hospital of North Staffordshire Lymes Patient Information Centre

Open for drop in sessions:
Monday – Thursday 10am until 12.30pm and 2pm until 4pm
Telephone advice and support available;
Monday – Friday 9am until 5pm

Tel: 01782 676333. (Answer phone available out of hours)

Cancer Backup

Cancer Information Charity
3 Bath Place
Rivington Street
London
EC2A 3JR
Tel: (0207) 6132121
Freeline: (0808) 8001234

The **Patient Advice and Liaison Service** would be pleased to offer confidential advice and support if you have any concerns. PALS can be contacted on 01782 676453 or Email patient.advice@uhns.nhs.uk

