

What to expect at your first MALE SEXUAL EXAM....

As you become a teen, your health care provider will start checking your privates to make sure that they are healthy. This might seem uncomfortable, but it's important for your health.

- 1st Your provider will look at and gently touch your penis, gonads, and the areas around them. He or she is looking for anything that doesn't look or feel normal. Your provider will probably teach you how to check your gonads yourself.*
- 2nd You will undress and may put on a robe or drape. You will probably be left alone in the room to change your clothes.
- 3rd Your health care provider will ask you some questions about your body, like if you've noticed any changes, and if you have sex. Remember, it's important to tell the truth when you answer the questions - the provider will not tell anyone unless you give the OK.
- 4th The provider will ask you to "turn your head and cough" while he/she is touching your private area. Your muscles move when you cough, so the provider can feel if there is a problem.
- 5th Though not common for young men, the provider might do a rectal exam by inserting a finger in your bottom.
- 6th The provider will do tests for sexually transmitted diseases (STDs) if you have sex, if you have signs of an STD, or if you ask for these tests. These tests might be done by asking you to pee in a cup or by putting a very small cotton swab into the small hole at the tip of your penis.
- 7th The provider will usually leave the room so you can change. If the results of the tests are normal you may not hear anything. If the results of the test are not normal, someone from your provider's office should contact you within a week.

*For more information on how to perform a testicular self-examination, see:
http://www.kidshealth.com/teen/sexual_health/guys/tse.html

Some TIPS...

It's your right to ask for a different health care provider if you do not feel comfortable with the one you have.

It's your right to bring someone, like a family member or a friend, into the exam room with you.

None of this should hurt, but it might be uncomfortable. If you feel any pain during the exam, tell your health care provider.

Know with your body so you can tell when anything changes.

Ask questions! This is a great chance to ask about your body, sex, STDs, and birth control.

If you don't want to be contacted at your home with your test results, make sure you tell your provider!

You can call your provider to find out the results of your tests.