



Self-examination after treatment for penile cancer or pre-cancerous penile lesions

This leaflet is for patients who have had treatment for penile cancer or penile intraepithelial neoplasia (PeIN) and outlines the importance of doing regular self-examination of your penis and groins. It does not replace your scheduled follow-up appointments.

Why is self-examination important?

Recurrence of cancer or PeIN can occur after treatment. Monthly self-examination helps you become familiar with your normal appearance and quickly identify any new changes that may need medical attention.

How often should I check?

You should carry out a self-examination at least once every month in a well-lit room, ideally after a bath or shower.

Step 1 – Look at the penis

Inspect the glans, shaft, foreskin (if present), urinary opening and any treatment scars. Look for red patches, white patches, ulcers, sores, crusting, bleeding, colour changes, or new lumps.

Step 2 – Feel for changes

Gently feel the penis and previous treatment area for thickening, firmness, nodules or new lumps beneath the skin.

Step 3 – Check the groins

Feel both groins for enlarged lymph nodes, swelling, tenderness or new lumps.

Step 4 – Watch for symptoms

If you experience bleeding, discharge, pain, difficulty passing urine, itching, swelling or any non-healing sore, contact your hospital healthcare team straight away.

Also, contact your healthcare team if you notice:

- A new lump
- A red or white patch that does not go away
- A non-healing ulcer or sore
- Bleeding from the penis
- New groin swelling
- Any change that concerns you

Contacting us

Please contact your uro-oncology specialist nurse, consultant team or GP if you have concerns between appointments.

Uro-Oncology Nursing Team: Tel: 0118 322 7905 (direct line with answer phone)

Email: rbb-tr.urologynurses@nhs.net

Working hours are Monday to Friday between 8am to 5pm, excluding bank holidays and weekends. Please leave a message on the answer machine and the team will aim to respond to you on the same working day or the next working day.

Out of hours: either contact your GP service, NHS 111 or Hopkins Ward on 0118 322 7274.

To find out more about our Trust visit www.royalberkshire.nhs.uk

Please ask if you need this information in another language or format.

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Next review due: October 2028