

What to expect at your First Male Sexual Exam

A male sexual exam is an exam of your privates by a health care provider. As you become a teen, your health care provider will do a sexual exam to make sure your privates are healthy. You should ask for a sexual exam if you have any questions about your privates, or if you are having any changes or problems, such as itching, burning or discomfort. This might seem uncomfortable, but it's important for your health.

FIRST: Your provider will look at and gently touch your penis, gonads and the areas around them. They are looking for anything that doesn't look or feel normal. Your provider will probably teach you how to check your gonads yourself.*

SECOND: You will undress and may put on a robe or drape. You will probably be left alone in the room to change your clothes.

THIRD: 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 these questions – the provider will not tell anyone unless you give the OK.

FOURTH: The provider will ask you to "turn your head and cough" while he or she is touching your private area. Your muscles move when you cough, so the provider can feel if there is a problem.

FIFTH: Though not common for young men, the provider might do a rectal exam by inserting a finger in your bottom.

SIXTH: The provider will do tests for sexually transmitted diseases or infections (STD/STIs) if you have had sex, if you have symptoms or if you ask for these tests. These tests might be done by asking you to pee in a cup and/or by taking a blood sample.

LAST: The provider will usually leave the room so you can change. . At our Washtenaw County Public Health Adult Health Clinic, we will call you with all results, no matter if they are positive or negative. Results are usually available within 10 days. Be sure to ask your provider how and when they will contact you about your results.

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

Contact Us:

Adult Health Clinic
Washtenaw County Public Health
555 Towner Street, Ypsilanti MI 48198
Call 734-544-6840
Visit <http://publichealth.ewashtenaw.org>

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 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 your body, so you can tell when anything changes.

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

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

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