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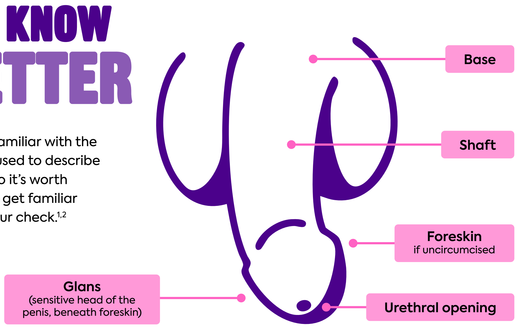
THE PECKER CHECKER

It's time to get to know what's going on down below, so you can spot any signs and symptoms of penile cancer early.

This simple tool will guide you through the process.
It should take **less than five minutes.**

GET TO KNOW IT BETTER

A lot of men are unfamiliar with the anatomical names used to describe parts of the penis. So it's worth taking a moment to get familiar before beginning your check.[1,2]



Remember: **Penises come in all shapes, sizes and colours. You know what's normal for you. If at all concerned, please contact your GP or healthcare professional.**

NOW, FOLLOW THESE 5 EASY STEPS:

1. **Find some privacy:** Choose a quiet place with good lighting, somewhere like a bathroom where you can expect a bit of privacy
2. **Get comfortable:** Try to relax – you want your bits to be loose and feeling au naturel, so you can have a good rummage and stay comfortable[2]
3. **Be hands on:** Give your penis a stroke (not THAT sort of stroke). You need to run a couple of fingers along your penis shaft and head, giving it a bit of a squeeze to check for lumps and bumps, and feelings of tenderness[2]
4. **Pull-back:** Don't forget the foreskin if you have one. Move it back to check the head of your penis[2]
5. **You're done:** There. You've checked your pecker! If you don't spot anything new or different, you don't need to do anything else. If something's changed, book yourself an appointment to get checked by a GP or healthcare professional[2]

THINGS TO LOOK OUT FOR:[3–5]

- A rash on your penis
- A growth, ulcer or lump on your penis
- Bleeding from your penis or under your foreskin
- A discharge – sometimes smelly
- Your foreskin changing colour
- A lump in your groin

If you spot any changes like these, the best thing to do is make an appointment to see a GP or healthcare professional. They'll be able to check your symptoms, ask you a few questions and advise on next steps.[3–5]

If you experience sudden pain or discomfort, call NHS 111, 999, or visit A&E.

Foreskin – A roll of skin covering the head (glans) of the penis, which you can pull back. It can be removed with a procedure called circumcision.

Rash – An unusually coloured (e.g. red and/or purple) and/or textured (e.g. bumpy) patch on your skin. Rashes can sometimes be itchy or hot.

Ulcer – An open wound, sometimes called a sore, on the skin.

Glans – The rounded head of the penis. It's very sensitive as it contains a lot of nerves.

Shaft – The main part of the penis.

Urethral opening – The exit point of urine and semen.

Don't find out the hard way. Tackle it today.

#NAME IT × THE UROLOGY FOUNDATION

1. National Cancer Institute. Dictionary of Cancer Terms. Penis. Available at: http://cancer.gov/publications/dictionaries/cancer-terms/def/penis. Accessed: March 2026. 2. Healthline. What to Expect from a Penile and Testicular Exam. Available at: https://www.healthline.com/health/penis-exam#how-to-self-exam. Accessed: March 2026. 3. Macmillan. Penile Cancer. Available at: https://www.macmillan.org.uk/cancer-information-and-support/penile-cancer. Accessed: March 2026. 4. NHS. Symptoms of penile cancer. Available at: https://www.nhs.uk/conditions/penile-cancer/symptoms/. Accessed: March 2026. 5. The Urology Foundation. Cancer of the Penis (Penile Cancer. Available at: https://www.theurologyfoundation.org/urology-health/male-reproductive-organs-conditions/cancer-of-the-penis-penile-cancer/ Accessed: March 2026.