

Enlarged Spleen Self Test

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This self-test is designed to help identify potential enlargement of the spleen. An enlarged spleen can be a sign of various conditions, some of which require medical attention. Please follow the instructions carefully and record your observations.

After completing this self-test, please discuss your findings with your healthcare provider, especially if you noticed any bulges, bumps, or significant discomfort. This self-test is not a substitute for professional medical evaluation and diagnosis.

1. Preparation

- Ensure you have a quiet, private space to conduct the test.
- Lie down on your back on a flat surface.
- Relax your body, especially the abdominal area.

I have prepared the space and am ready to proceed.

2. Locating the Spleen

- Place your right hand on the left side of your abdomen just under the rib cage.
- Gently press inward and upward, moving towards your left rib cage.

I have located the area beneath my left rib cage.

3. Feeling for the Spleen

- With gentle but firm pressure, explore the area for any noticeable bulges, bumps, or tenderness.
- Gently press upward and inward, but do not dig too deep. Let the spleen palpate your fingers and not the other way around.
- Take note of any sensations, discomfort, or the presence of any mass.

I have felt the area beneath my left rib cage.

Note any observations such as bulges, bumps, discomfort, or pain while feeling around or applying pressure on the area.

I felt a noticeable bulge that was tender to the touch.

4. Feeling while Deep Breathing

- Take a deep breath and hold it for a few seconds, then exhale slowly. This can help make the spleen more palpable if it is enlarged.
- Repeat the examination of the area while breathing deeply.

I have felt the area beneath my left rib cage.

Note any observations such as discomfort, pressure, or pain during or after deep breathing.

The bulge seemed more pronounced during deep breathing, and there was a slight increase in discomfort.

5. Percussion Technique

- Tap gently on your lower left chest area, just under the ribs.
- Note the sound: is it hollow (tympanic) or solid (dull)?

I have performed the percussion test.

Note the sound quality (hollow/tempanic, or solid/dull).

The sound was more solid/dull compared to the right side.

6. Feeling while Percussing

- Continue tapping.
- While tapping, take a deep breath in and hold it
- Note any change in sound

I have performed the deep breathing variation of the percussion test.

Note the sound quality while holding in a deep breath (hollow/tempanic, or solid/dull).

The sound changed from hollow to solid when taking a deep breath.

7. Comparison of Left and Right Abdomen

Compare the feeling on your left side to the right side of your abdomen to note any differences. Take note of any observations or differences.

The left side felt more swollen and solid compared to the right side.

Concluding the Self-Test

I have performed all the previous steps.

Overall observations and comments:

I noticed a swollen area beneath my left rib cage that became more apparent with deep breathing. The area was tender and the percussion sound was dull, indicating a possible enlargement of the spleen.

Interpreting Your Results

- **If you felt a Noticeable Bulge:**

This could be a sign of an enlarged spleen. However, it could also be due to other factors.

- **If you felt Pain or Discomfort:**

Pain or discomfort felt during the test is significant. Pain, especially when pressing on your abdomen, may indicate an underlying issue. Report this to your healthcare professional.

Percussion Sound Quality:

- **Hollow/Tympanic Sound:**

This is usually normal. If combined with other symptoms, seek professional advice.

- **Solid/Dull Sound:**

Could suggest an enlarged spleen, especially if the sound changes from hollow to solid when taking a deep breath. Discuss this with your healthcare provider.

Deep Breath Variation:

- **No Change in Sound:**

Generally indicates that splenomegaly (enlarged spleen) is less likely.

- **Change to Dull Sound on Deep Breath:**

Known as a positive Splenic Percussion Sign, could indicate splenomegaly. Evaluation by a healthcare professional is recommended.