

# Enlarged Spleen Self Test

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Date: \_\_\_\_\_

*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.**

#### **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.**

#### **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).**

## **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).**

## **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.**

## Concluding the Self-Test

- I have performed all the previous steps.

## Overall observations and comments:

## 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.