

Enlarged Spleen Self Test

Name: _____ Age: _____ Date: _____

This self-test is designed to help identify potential enlargement of the spleen, 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 notice any bulges, bumps, or significant discomfort.

This self-test is not a substitute for professional medical evaluation and diagnosis.

Test procedure

1. Lie down on your back on a flat surface.
2. Relax your body, especially the abdominal area.
3. Place your right hand on the left side of your abdomen just under the rib cage.
4. Gently press inward and upward, moving towards your left rib cage.
5. Explore the area with gentle but firm pressure for any noticeable bulges, bumps, or tenderness.
6. Gently press upward and inward, but do not dig too deep. Let the spleen palpate your fingers and not the other way around.
7. Take note of any sensations, discomfort, or the presence of any mass.
8. Hold a deep breath for a few seconds, then exhale slowly. This can help make the spleen more palpable if it is enlarged.
9. Repeat the examination of the area while breathing deeply.
10. Tap gently on your lower left chest area, just under the ribs.
11. Note the sound: is it hollow (tympanic) or solid (dull)?
12. While tapping, take a deep breath in and hold it
13. Note any change in sound.
14. 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.

Results

Were there bulges, bumps, discomfort, or pain while feeling around or applying pressure on the area? (Steps 4-7)	
No	Yes (Write observations below)
Were there bulges, bumps, discomfort, or pain while feeling around or applying pressure on the area? (Steps 4-7)	
No	Yes (Write observations below)

What was the sound when you tapped on your lower left chest area under the ribs? (Steps 10-11)	
Hollow/tympanic	Solid/dull
Are the left side and right side of your abdomen the same? Take note of any observations or differences. (Step 14)	
Same	Different
Notes:	

Interpretation

- **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; this could indicate splenomegaly. Evaluation by a healthcare professional is recommended.

Additional notes