

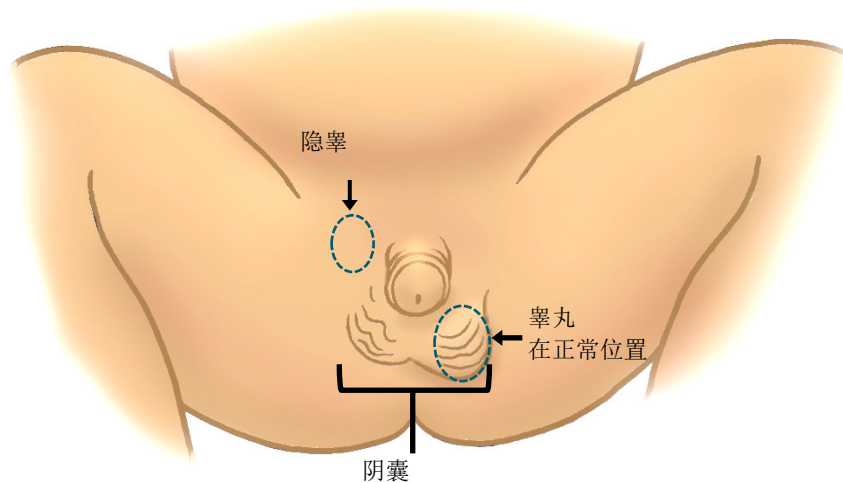
# 隐睾 (UDT)

隐睾 (UDT) 是指 1 个或多个睾丸停留在您孩子的腹部区域 (腹部) 而不是降到阴囊中。

## 什么是隐睾或 UDT?

睾丸是出生时带有阴茎的婴儿体内的两个椭圆形腺体。它们位于阴茎下方的皮肤囊中 (阴囊)。它们制造精子并产生激素。在婴儿出生前, 睾丸在体内, 靠近肾脏处生长。在大多数婴儿的怀孕最后几个月, 它们会下降到阴囊中。

隐睾, 也称为 UDT 或隐睾症 (yin-gao-zheng), 不会移动到阴囊中。它们不能被轻轻推入囊中。



隐睾停留在腹部区域

## 我如何知道我的孩子有 UDT?

了解孩子是否有 UDT 的最佳方法是进行体检。不需要进行睾丸超声波检查。

如果您孩子的睾丸不在他们的阴囊中, 我们将尝试轻轻从腹部区域 (腹部) 推下睾丸。为了进行这一操作, 医务人员可能会在他们的指尖涂抹一些乳液, 然后沿着您孩子腹部的区域轻柔地滑动, 起始部位是睾丸原本应当下降的区域。医务人员会从接近肾脏的区域开始, 轻柔但坚定地施加压力, 然后沿着腹部向下移动至阴囊区域, 以便尝试触摸并判断睾丸的位置 (确认是否能够触摸到)。

最好让您的孩子放松, 并且可能用玩具或设备分散他们的注意力。许多时候, 我们可以安排儿童生活治疗师来帮助支持您孩子进行这次检查。

### 了解更多

- 泌尿科  
206-987-2509
- 询问您孩子的医务人员
- [seattlechildrens.org](http://seattlechildrens.org)

### 免费口译服务

- 在医院内, 请咨询您的护士。
- 在医院外, 请拨打免费家庭口译热线  
1-866-583-1527。告诉口译员您需要的姓名或分机号。



### UDT 如何治疗？

- 如果您孩子的睾丸在 6 个月大时还没有下降（下降），我们建议进行手术。将睾丸带入您孩子阴囊的手术称为隐睾固定术（yin-gao-gu-ding-shu）。
- 在手术过程中，我们会给孩子药物（全身麻醉），这样他们就会完全睡着，不会感到疼痛。根据睾丸的位置，我们在阴囊、腹股沟或腹部进行 1 个或 2 个小切口（切口）。这使外科医生能够到达睾丸并将其移动到阴囊中。
- 外科医生将使用非常细的缝线关闭切口。缝线会在皮肤中溶解，但可能需要几周时间。我们不需要移除它们。

### 为什么推荐 UDT 手术？

如果睾丸持续停留在腹部或腹股沟区域，可能会引发一些健康问题。我们推荐手术的原因如下：

- 它为睾丸的生长和精子的成熟提供了最有利的条件。
- 睾丸扭转的可能性较小。
- 一旦睾丸成功下降到阴囊，这将便于在孩子进入青春期及成年后，进行定期的每月睾丸自我检查。

### 手术当天预计会什么事情？

您孩子将在手术当天和您一起回家。您的外科医生和护士会告诉您如何在手术后在家照顾您的孩子。

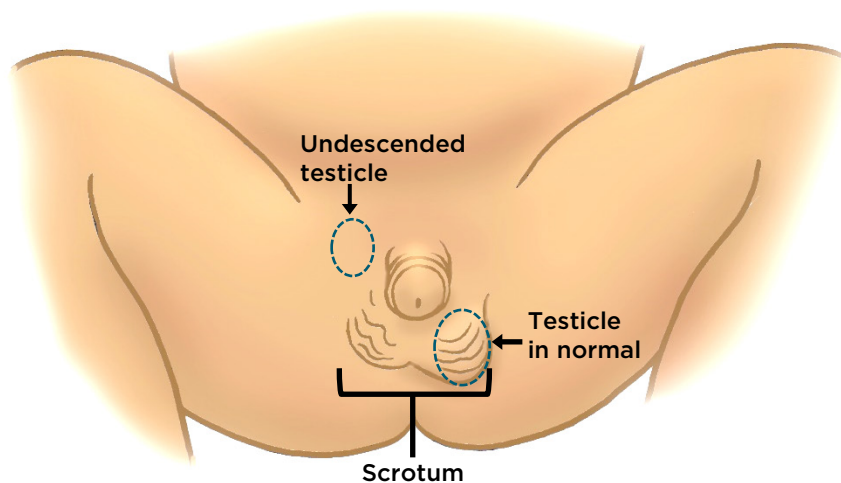
# Undescended Testicles (UDT)

An undescended testicle (UDT) is when 1 or both testicles stay inside of your child's belly area (abdomen) instead of moving down into the scrotum.

## What are undescended testicles or UDT?

Testicles (or testes) are 2 oval shaped glands in babies born with a penis. They sit in the sac of skin below the penis (the scrotum). They make sperm and produce hormones. Before a baby is born, the testicles grow inside the body, near the kidneys. During the last few months of pregnancy, in most babies, they travel down into the scrotum.

Undescended testicles, also called UDT or cryptorchidism (kript-ORK-id-izm), do not move into the scrotum. They cannot be gently pushed down into the sac.



**An undescended testicle stays in the belly area**

## How do I know if my child has an UDT?

The best way to know if your child has an UDT is by doing a physical exam. A testicle ultrasound is not necessary.

If your child's testicle(s) are not in their scrotum, we will try to gently push the testicle down from the belly area (abdomen). To do this, the provider may put lotion on their fingertips and then slide their hand along the area of your child's belly from where the testicles descended. They will start putting firm pressure near the kidney and move down to the scrotum to feel for the testicle (see if it's palpable).

It is best if your child is relaxed and perhaps distracted with a toy or device. Many times, we can arrange to have a Child Life Therapist to help support your child with this exam.

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### To Learn More

- Urology  
206-987-2509
- Ask your child's healthcare provider
- [seattlechildrens.org](http://seattlechildrens.org)

### Free Interpreter Services

- In the hospital, ask your nurse.
- From outside the hospital, call the toll-free Family Interpreting Line, 1-866-583-1527. Tell the interpreter the name or extension you need.



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### How is the UDT treated?

- If your child's testicle has not moved down (descended) by age 6 months, we recommend surgery. The surgery to bring down the testicle(s) into your child's scrotum is called orchiopexy (or-kee-oh-PEK-see).
- During the procedure, we will give your child medicine (general anesthesia), so they will be fully asleep and not feel pain. Depending on the location of the testicle, we make 1 or 2 small cuts (incisions) in the scrotum, the groin or the abdomen. This allows the surgeon to reach the testicle and move it to the scrotum.
- To close the incision, the surgeon will use very fine stitches. The stitches dissolve in the skin, but it may take several weeks. We don't need to remove them.

### Why is surgery recommended for UDT?

Testicles that always stay inside the abdomen or groin area can develop problems. We recommend surgery for the following reasons:

- It gives the testicles the best chance for growth and sperm development.
- The testicle is less likely to twist (have testicle torsion).
- The descended testicle will allow for monthly testicle exams when your child is an adolescent and an adult.

### What should I expect the day of surgery?

Your child will go home with you on the same day as the surgery. Your surgeon and nurses will tell you how to care for your child at home after their surgery.