It might be testicular torsion – a twist in one of the cords connected to your testicles (balls).

Signs and symptoms:
• pain in the testicles and/or the lower abdomen
• redness and swelling of the scrotum (balls)
• discomfort when walking or sitting
• nausea and/or vomiting
• dizziness.

Testicular torsion is an emergency and should be treated within six hours to maximise the chance of saving the testicle.

If you think you may have some or all of the above symptoms, tell someone and go to your nearest emergency department immediately.