

Urethritis

What is it?

Urethritis is an inflammation of the urethra. The urethra is the tube that wee passes through. It can be caused by different bacterial infections.

The most common causes of urethritis are

- Chlamydia.
- Gonorrhoea.
- Mycoplasma genitalium (Mgen).

It is sometimes called NGU or NSU:

- Non-gonococcal urethritis (NGU).
- Non-specific urethritis (NSU).

How do I know if I have it?

Symptoms could include:

- Discomfort or pain when weeing.
- Different discharge from the penis

If you have symptoms, they will show from 1-3 weeks after you have sex with an infected person.

How did I get it?

It is passed on through any type of sex. This is where the bacteria are passed from one person to the other.

How can I make sure I don't get it?

Always use condoms during sex. Even if you use a condom you shouldn't have sex with someone who has had urethritis until a week after they have finished the treatment. Have regular STI checks – doing this stops STIs from causing serious health issues. It also helps stop the spread of STIs to others.

How can the nurse/ Doctor tell me if I have it?

A thin swab is taken from the end of the urethra (urine passage). This is then looked at under a microscope. A urine test for STIs including chlamydia gonorrhoea is usually done at the same time

How can I get rid of it?

Urethritis is treated with antibiotics.. For the antibiotics to work you need to complete the whole course. Symptoms should start improving within a few days.

If you don't treat it, it can lead to long-term problems such as pain in your testicles or arthritis.

Who do I need to tell and why?

It is important to tell people you have had sex with about urethritis. They will need to be tested and treated. Ask your doctor if you aren't sure who you need to tell. They can help you with this and help you contact them.

This fact sheet is just some general information. If you are worried about your health go and see a doctor.

For more information or support visit:

For more information on STIs and safe sex visit the Play Safe website:

www.playsafe.health.nsw.gov.au

Sexual Health Info Link is a service that you can call up for information on STIs and sexual health. It's anonymous and non-judgemental. Call: 1800 451 624 or visit <https://www.shil.nsw.gov.au/>

“Let them know” allows you to send an anonymous messages to tell someone you've had sex with that they have come into contact with the infection: <http://www.letthemknow.org.au/>