

## NONGONOCOCCAL URETHRITIS

Nongonococcal urethritis or non-specific urethritis occurs in the male sex organs. It is an infection in the urethra (the passageway that carries the urine from the bladder). The infection can be caused by several different bacteria, but most of the time is caused by the same one that causes chlamydia.

### **How do I know I have N.G.U./N.S.U.?**

Many men will not show signs of N.G.U./N.S.U. Women partners of men with N.G.U./N.S.U. can get non-specific vaginitis. Women will find that they have a unusual discharge from their vagina or burning when urinating. Women can also have abdominal pain, bleeding between periods, or a low-grade fever. Men get a discharge from their penis and/or burning when urinating, along with burning and itching around the opening of the penis. These signs will most likely occur in the morning.

### **What do I do if I think I have N.G.U./N.S.U.?**

Go immediately to your local health district or health care provider. An exam and a lab test will be done. If they think you have N.G.U./N.S.U., you will be given a prescription for medicine, an antibiotic. It is important to carefully follow the instructions for taking the medicine. Take the medicine until it is **all** gone, even if the signs go away, and **do not share your medicine** with anyone. If the medicine causes you any problems call the clinic immediately.

### **Is N.G.U./N.S.U. serious?**

Without medicine permanent damage to the sex organs of both men and women can occur, making it hard or impossible to have children. Women can get a painful infection called Pelvic Inflammatory Disease, or PID, from non-specific vaginitis. If PID is not treated in time, scar tissue forms that block fallopian tubes making it hard or impossible for a woman to get pregnant, or a tubal pregnancy can occur which would require surgery and may cause death for the pregnant woman and the fetus (unborn baby).

### **What about my sex partner?**

Your current sex partner(s) should have an exam, be tested and take medicine at the same time to be sure that it is cleared up. Don't have sex until you and your sex partner(s) are sure that the N.G.U./N.S.U. and nonspecific vaginitis is gone. Anyone else you had sex with in the past few months should also be told, tested and get treatment. Your health district is willing to help you contact your partner(s).

### **How can I avoid getting a N.G.U./N.S.U.?**

- Have sex with only one person who is not infected and who only has sex with you.
- Use latex condoms correctly every time you have any sexual contact.
- Decide not to have sex — it's the only 100% sure way of avoiding N.G.U./N.S.U. and other sexually-transmitted diseases.
- When you use drugs and alcohol it's hard to make good decisions about your sexual activity – be safe
- Remember: Anyone who is sexually active can get a sexually-transmitted disease -including HIV!

### **Where can I learn more about N.G.U./N.S.U.?**

Call your personal health care provider or district health office. For referrals and additional information contact the National STD Hotline at (800) 227-8922 or for local Idaho Referrals and information the Idaho CareLine at (800) 926-2588.

