



What is Non-gonococcal urethritis (NGU)?

- A term that describes a combination of symptoms that occur in men, most often causing “urethritis” or an inflammation of the opening into the bladder. It is not a “bladder infection” and can be caused by several different sexually transmitted bacteria.

What are symptoms that could occur?

- Pain when urinating
- Discharge from the penis, usually clear
- Burning or itching around the opening of the penis

Often there are only mild or occasional symptoms. Some men have no symptoms at all.

How is it spread?

- By having vaginal, anal, or oral sex with someone who is infected
- For men having anal sex without a condom can cause these symptoms because the bacteria from the rectum get into the urethra and bladder

How is it diagnosed and treated?

- Primary care provider evaluation and laboratory testing
- Early treatment can prevent lasting damage to your body
- Treatment with antibiotics prescribed by your primary care provider and should be taken as instructed even if you start to feel better

How can NGU be prevented?

- Best way to avoid STDs is to not have vaginal, anal, or oral sex
- If you are sexually active:
 - Use latex condoms the right way
 - Limit your number of sexual partners
 - Consider a partner who has been tested and is negative for STDs
 - Have regular exams
- If a man is treated for NGU, his partner(s) should be treated also.

Can women get NGU?

- Yes. It may cause problems in the reproductive tract (uterus, fallopian tubes) instead of the urethra
- There is no specific test for NGU in women

Are there complications?

- Yes. If left untreated, may lead to:
 - Infertility
 - Problem pregnancies
 - Infections in newborns
 - Pelvic Inflammatory Disease (PID)
 - Chronic pelvic pain
 - Epididymitis (inflammation of testicles)

If I have any other questions, whom can I contact?

- Call the Genesee County Health Department at 257-1017