

Urethritis in Males

PATIENT INFORMATION

What is urethritis?

Urethritis means an inflammation of a male's urethra (the pee tube). It is often called NSU or NGU. It is usually due to a sexually transmitted infection (STI) such as chlamydia or gonorrhoea.

How does someone get urethritis?

Urethritis can be caught by having vaginal, anal or oral sex without a condom, or sex play.

If you use a condom every time you have sex you are much less likely to get urethritis.

How do I know if I have urethritis?

Symptoms can include:

- Discharge leaking from the urethra.
- Pain or discomfort when urinating.
- Itching in the urethra.

How do I get tested?

You need to see your doctor, nurse or sexual health clinic for a check-up. If you want, take along someone you trust, for support.

You will need to do a urine test, and you may need a swab test from the urethra. Throat and anal swabs might be required if you have sex with males. You may be able to do the swabs yourself.

It may be embarrassing, but it is better to get checked than to have untreated urethritis.

How do I get treated?

Urethritis is usually treated with tablets. Sometimes you may need an injection.

Important advice

- **Finish all the tablets** you have been given, even if you feel better.
- You need to tell anyone you have had sex with in the last 3 months to get a sexual health check and treatment as a contact of urethritis even if their tests are normal.
- You should avoid sex for 1 week from the start of your treatment and until 1 week after all your sexual contact/s have been treated. If this is not possible, always use a condom, including for oral sex, until your treatment and your sexual contact/s treatment has been completed.
- We recommend you have another sexual health check in 3 months in case you get the infection again.

Important information

- Urethritis is an inflammation of the urethra (the pee tube).
- It is usually due to a sexually transmitted infection (STI) such as chlamydia or gonorrhoea.
- Symptoms can include discharge, pain when urinating, or itching.
- It is treated with antibiotics.
- You need to tell anyone you have had sex with in the last 3 months to get a sexual health check and treatment as a contact of urethritis.
- You should avoid sex or use condoms for 1 week from the start of your treatment and until 1 week after your sexual contact/s have been treated, so you don't pass the infection on to someone else.