

Genital Ulcer Disease (GUD)

MANAGEMENT SUMMARY

In New Zealand, GUD due to STI is largely confined to herpes simplex virus (either HSV-2 or HSV-1), or syphilis. Tropical causes of GUD such as chancroid or lymphogranuloma venereum are RARE. Consider if there has been an overseas sexual contact in an endemic region or with someone from a high-prevalence population group. Some ulcerative lesions are due to non-sexually acquired dermatological conditions. However, it is important to remember that most breaks in the genital skin are due to micro-trauma to the epidermis.

Patient complains of genital sore(s) / ulcer(s)

Are the lesions on examination

- Multiple vesicles; or tender, shallow ulcerations; +/- inguinal adenopathy?

YES

Tests

- Viral swab for herpes simplex virus (HSV) testing from the base of the lesion (HSV PCR testing is the preferred test)
- Syphilis serology should be routinely requested

Management

- Valaciclovir 500mg po twice daily for 7 days OR
- Aciclovir 400mg po 3 times daily for 7 days
- +/- lignocaine gel and oral analgesia
- +/- salt baths

Follow-up

- Check HSV result and check for resolution of ulcers in 1 week
- If HSV result **positive**, discuss diagnosis with patient
- Partner notification is not necessary but diagnosis should be discussed with regular sexual contact/s
- Offer full sexual health check if not already done (see Sexual Health Check guideline www.nzshs.org/guidelines)
- If HSV result **negative** and the lesions have resolved, then arrange to repeat the HSV test promptly if problem recurs
- **Refer or discuss with a sexual health specialist if there are genital ulcers that are HSV-negative and have not resolved**

NO

- Larger typically solitary painless ulcers +/- unilateral non-tender enlarged rubbery lymph node is more typical of primary syphilis
- Other atypical lesions

- **Refer to or discuss with sexual health specialist for acute assessment**
- **DO NOT** give oral or topical treatments prior to specialist assessment

The Ministry of Health supports the use of these clinical guidelines, developed by clinical experts and professional associations to guide clinical care.

Further guideline information – www.nzshs.org/guidelines or phone a sexual health specialist.

This STI Management Guideline Summary has been produced by NZSHS. Every effort has been taken to ensure that the information in this guideline is correct at the time of publishing (July 2017).