

NGU

(also called non-gonococcal urethritis and non-specific urethritis)

NGU is a Sexually Transmitted Disease (STD) caused by bacteria such as chlamydia, mycoplasma, ureaplasma or trichomonas. NGU is passed from one person to another during vaginal, anal, and oral sex.

How is NGU spread?

The bacteria that cause NGU is passed from one person to another during vaginal, anal, and oral sex.

What do I look for?

Men:

- Discharge from the urethra. This may be very mild and will go away after a few days even without treatment. You are still infected.
- Pain or itching inside the penis.
- A burning feeling or pain with urination.

Is NGU serious?

Occasionally, NGU may cause an infection of the testicles (balls) in men. It is more serious for women as the bacteria that cause NGU can cause PID in women. PID (pelvic inflammatory disease), a serious pelvic infection in women, is a common result of untreated bacterial infection. In PID the bacteria move from the vagina up through the cervix and into the uterus, tubes and ovaries. Blockage and scarring can damage the tubes and make a woman more likely to have a “tubal pregnancy”.

What will happen if I have NGU?

- You will be given antibiotic medicine once we are sure you have an infection. We will check any discharge and also check your urine. It's important to finish your medication to completely kill the bacteria. The antibiotics we use to treat NGU also effectively treat chlamydia, ureaplasma and mycoplasma.
- Your sex partners must be examined and treated. If they aren't treated, they could give the infection back to you, or infect others.
- Don't have sex for one (1) full week after you are treated. Don't have sex with your partner while you are both taking your medicine.

- Even if your test for chlamydia is negative, it doesn't mean that you didn't have anything. Remember, there are several different causes of NGU, some that we do not test for.
- If your symptoms do not go away return to the clinic for a further check-up. You may have been infected with trichomonas. This STD is difficult to diagnose in men. Your female sex partner(s) should be examined.

How do I avoid getting NGU?

- Plan ahead! Protect yourself!
- If you're thinking of having sex with a new partner:
 - Talk about STDs
 - Talk about your wish to have protected, safer sex (male or female condoms) 100% of the time

For more information about STD's, consult these websites:

<http://www.noah-health.org/>

<http://www.ashastd.org/>

<http://www.cdc.gov/std/>

<http://www.dph.sf.ca.us/sfcityclinic/>

<http://www.sfsi.org/>

Gay Men's Health:

<http://www.healthypenis2003.org/>

<http://inspot.org/>

<http://www.gmhc.org/>

If you contracted NGU from rectal sex, and you do not know the HIV status of that sexual partner, you should be concerned about your increased risk of HIV. Talk to your clinician.

For a STD check-up or treatment,
see your doctor, local clinic, or come to:



A landmark in prevention

City Clinic
356 Seventh Street
(between Folsom and Harrison)
San Francisco, CA 94103
(415)487-5500

<http://www.dph.sf.ca.us/sfcityclinic/>