

NGU

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

“Urethritis” means inflammation of the urethra (the tube that urine passes through), a condition usually caused by a Sexually Transmitted Infection (STI). NGU is a common type of urethritis caused by a STI other than gonorrhea. Common causes of NGU are chlamydia, mycoplasma, or trichomonas.

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

- Burning or pain with urination
- Pain or itching inside the penis
- Discharge from the penis

Occasionally, NGU may cause an infection of the testicles (balls). If the NGU germs are passed to a partner with a vagina, it could lead to a serious infection called pelvic inflammatory disease (PID). PID can damage the fallopian tubes and make a “tubal pregnancy” (outside the uterus) more likely, which can be fatal. PID can also lead to infertility—the inability to get pregnant.

- You will be given an antibiotic if we diagnose NGU during your visit. *It is important to finish your medication to completely cure the infection.* The antibiotic we use to treat NGU also treats chlamydia. If your urine test is positive for mycoplasma genitalium (M. gen), you will need to return to the clinic for an additional antibiotic.
- Your sex partners should be tested and treated. If they aren’t treated, they could give the infection back to you, or infect others.
- Don’t have sex for one full week after you start your medication. Don’t have sex with your partner while you are both taking your medicine.
- Even if your tests are negative, it does not mean that you didn’t have an STI. There are several different causes of NGU, some that we do not have tests for. Finish your medication even if all tests are negative.
- If your symptoms do not go away by the time you finish your medicine, return to the clinic for re-evaluation before resuming sexual activity.

If you’re thinking of having sex with a new partner:

- Condoms are effective in reducing the risk of infection.
- Ask your health care provider about doxy-PEP.
- Do not have sex if you or a sexual partner has symptoms of an STI, including discharge, burning with urination, rash, or genital sores.

For more information:

Please talk with your City Clinic clinician or your own health care provider. The following websites also offer helpful information:

General STI

www.ashasexualhealth.org (also in Español)
www.cdc.gov/std/
www.sfcityclinic.org
www.sfsi.org/

Contraception and STI/sex info

www.bedsider.org

Teens

www.iwannaknow.org
www.kidshealth.org/teen (also in Español)
www.scarleteen.com

For a STI check-up or treatment,
see your health care provider, local clinic, or come to:



A landmark in prevention

City Clinic
356 7th Street
(between Folsom and Harrison)
San Francisco, CA 94103
(628) 217-6600
www.sfcityclinic.org