

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. You will need a swab test from the urethra and will need to do a urine test.

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, even if you feel better.
- You should use condoms for 7 days after treatment, so you don't pass the infection onto someone else.
- You need to tell anyone you have had sex with in the last 2 months to get a sexual health check and treatment. Use a condom if you have sex with your partner(s) until 7 days after they have been treated, or you may get urethritis back again.
- If your symptoms don't fully resolve within 2 weeks please contact the clinic to arrange a follow-up appointment as you may need additional tests and additional treatment.
- We recommend you have another sexual health check in 3 months, just to make sure you are all clear.

This patient information sheet is based on that produced by the NZ Sexual Health Society and published in 2012. It is designed to provide you with information on disease. It is not intended to replace the need for a consultation with your doctor. All clients are strongly advised to check with their doctor about any specific questions or concerns they may have. Every effort has been taken to ensure that the information in this pamphlet is correct at the time of publishing (2015)

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