

Nongonococcal Urethritis (NGU)

Description

NonGonococcal Urethritis (NGU) is a sexually transmitted disease, usually found in men, with more than 2 million cases occurring annually. NGU occurs more frequently than gonorrhea and may coexist with a gonorrhea infection.

NGU is an infection of the urethra caused by pathogens (germs) other than gonorrhea. Several kinds of pathogens can cause NGU, including:

- Chlamydia trachomatis
- Ureaplasma urealyticum
- Trichomonas vaginalis (rare)
- Herpes simplex virus (rare)
- Adenovirus
- Haemophilus vaginalis
- Mycoplasma genitalium

Symptoms

Men (urethral infection):

- Discharge from the penis
- Burning or pain when urinating (peeing)
- Itching, irritation, or tenderness
- Underwear stain

Women (vaginal/urethral infection):

- Discharge from the vagina
- Burning or pain when urinating (peeing)
- Abdominal pain or abnormal vaginal bleeding may be an indication that the infection has progressed to Pelvic inflammatory Disease (PID)
- Anal or Oral Infections

The germs that cause NGU in men might cause other infections in women. These might include vaginitis or mucopurulent cervicitis (MPC). Women may also be asymptomatic (have no symptoms).

Anal or Oral Infections:

Anal infection may result in rectal itching, discharge, or pain on defecation. Oral infection may occur. Most (90%) are asymptomatic, but some people might have a sore throat.

Complications

It is important to see a medical provider for even the mildest of symptoms.

Complications of NGU include infections of the prostate gland and the epididymis. Chlamydial NGU that is passed on to female partners and left untreated can result in pelvic inflammatory disease (PID), infertility and can be transmitted to infants born to infected mothers.

Diagnosis

A diagnosis of NGU is made by an examination of the genital area by a medical provider. A urinalysis and/or an examination of the urethral discharge may be performed, as well as a Chlamydia test.

Treatment

The main treatments for NGU are:

- Azithromycin
- Tetracycline

Alternatives are:

- Erythromycin

Recommended treatment for recurrent/persistent urethritis:

- Metronidazole with Erythromycin

A woman who is pregnant, or thinks she might be, should tell her doctor. This will ensure that a medicine will be used that will not harm the baby.

Follow-up:

- **Take all medications** - even if you start to feel better before you finish the bottle.
- Inform all partners.
- Treat all partners.
- Abstain from sex until all partners are treated.
- Using a condom with spermicide may help to decrease re-infection.
- Return for evaluation by a health care provider if symptoms persist or if symptoms recur after taking all the prescribed medicine.

Prevention

Transmission of NGU can be greatly reduced by abstaining from sexual activity. For those individuals who choose to be sexually active, using condoms during every sexual encounter will decrease risk of infection. Spermicides may also provide some protection against this infection. Taking precautions cannot eliminate risks, but can certainly decrease them.

Information in this brochure was provided by the American Sexual Health Association

For More Information:

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