

the facts about NGU

auckland
sexual health
service



If you have a sexual health concern, including HIV or AIDS, check it out at your friendly Auckland Sexual Health Service

NGU

Non-gonococcal urethritis (NGU), also known as non-specific urethritis (NSU) is a common sexually transmissible infection. NGU can only be diagnosed in men. It can be caused by a number of different organisms, the most frequent one being chlamydia. NGU not due to chlamydia may be due to exposure to other vaginal organisms via vaginal sex, or rectal organisms via unprotected anal sex, or to organisms in the throat or mouth through oral sex.

What are the symptoms?

Symptoms of NGU are penile discharge (pus or fluid from the penis), pain passing urine, or an uncomfortable feeling in the tube (urethra) of the penis.

How does someone get infected?

NGU is transmitted in most cases by having vaginal, anal or oral sex without a condom with someone who has an infection.

Is there any treatment?

In the majority of cases, taking a course of appropriate antibiotics (particularly if it is due to chlamydia) cures NGU. Single dose therapy is also effective. Occasionally men with NGU may require a second course of antibiotics.

Do sexual partners need treatment?

Yes, if they have vaginal, anal, or oral sex without using a condom with a straight or bisexual man with NGU in the last few months, it is likely that they are at risk of chlamydia. This means they should be treated regardless of symptoms or test results. However, as chlamydia is uncommon in gay men co-treatment of partner(s) may not always be necessary for gay men with NGU.

What are the complications of chlamydia or NGU?

In women untreated chlamydia infection can cause pelvic inflammatory disease (PID), which is an infection of the womb and tubes. This can cause pelvic pain problems and infertility. Untreated men may develop epididymitis (inflammation of the tube leading out of the testicle), chronic urethral irritation or chronic testicular discomfort. Rectal chlamydia may result in rectal discharge and discomfort.





If the result of the chlamydia test is negative does this mean you don't have NGU?

NGU is diagnosed by looking for microscopic evidence or inflammation in the urethra. Current testing methods may occasionally miss chlamydia. Also remember that only about 50% of NGU is caused by chlamydia. The other 50% is caused by organisms that we do not test for.

Can NGU recur after the antibiotics have been taken?

NGU can recur or be persistent. After apparently successful treatment some men may continue to experience mild urethral discomfort that will eventually resolve without further antibiotics. All sexual partners should be encouraged to have treatment before resuming unprotected sex.

What advice should be given to a person treated for NGU?

-  Ensure all at-risk partners are treated.
-  Finish all the antibiotics even if symptoms resolve in a few days to ensure full treatment of infection.
-  Sexual intercourse should be avoided until treatment is finished, or 7 days after single dose treatment is used, to avoid transmitting the infection.
-  After completing the treatment, the person should phone or return for follow-up.



Auckland Sexual Health Services:
Building 16 (opposite Domain duckpond)
Auckland Hospital. Ph: 307 2885

West Auckland Sexual Health Service
2nd Floor, 362 Great North Rd,
Henderson. Ph: 836 0838

Manukau Sexual Health Service
Manukau Health Centre, Wiri Station Rd,
(next to Rainbows End) Ph: 263 7604

North Shore Sexual Health Service
Cnr Glenfield & Peach Rds. Ph: 443 2544

www.sexfiles.co.nz