



Where can I get a NSU test?

You can be tested for NSU at a sexual health clinic or by your GP. To find your nearest sexual health clinic go to www.tht.org.uk or call THT Direct on 0845 12 21 200 or NHS Direct on 0845 4647.

Treatment

NSU can be cured easily with antibiotics. Until the infection is treated and you have taken all the antibiotics, you should avoid sex as you can still pass it on to anyone you have sex with. Your sexual partners will also need to be treated regardless of whether they have symptoms or not. This is so that they don't give it back to you or pass it on to anybody else. You need to wait until your partner(s) have completed their treatment before starting to have sex with them again.

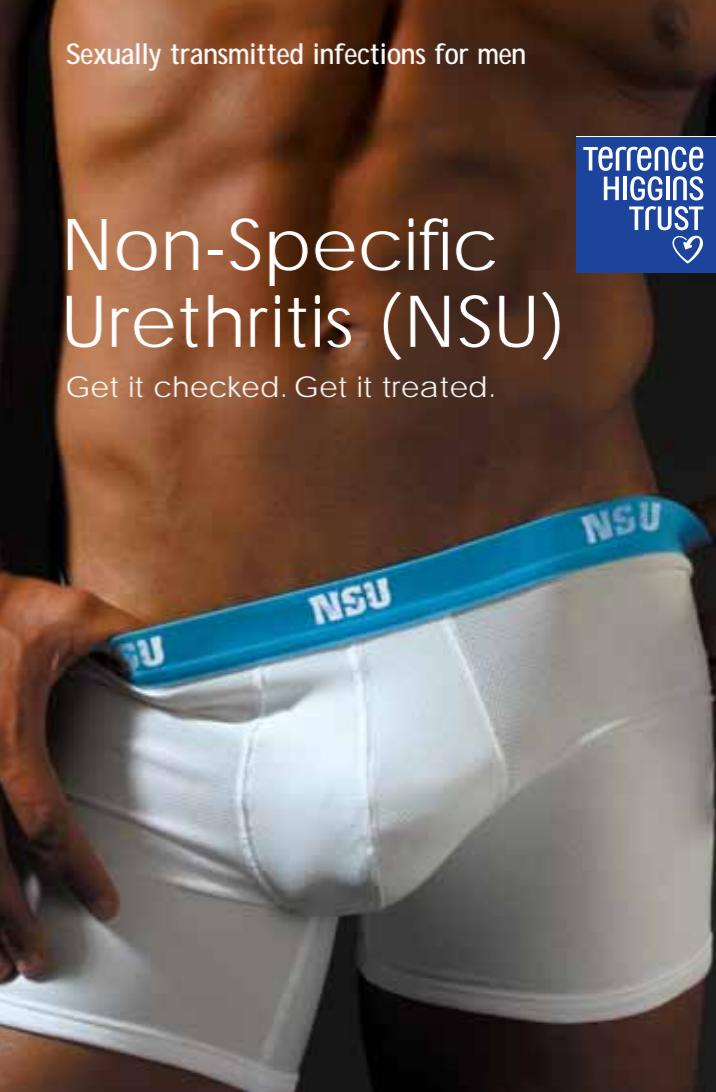
How can I reduce the risk of getting or passing on NSU?

The best thing to do is to use condoms for vaginal or anal sex. However there are still risks from other types of sex, eg oral sex.

The more sexual partners you have, the more likely it is that you will get NSU. So it's a good idea to have regular check-ups at your GP or NHS sexual health clinic, even if you don't have any symptoms. Before you stop using condoms with any new partner it is advised that you both go for a sexual health check up.

Non-Specific Urethritis (NSU)

Get it checked. Get it treated.



Supported by



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This leaflet on non-specific urethritis (NSU) is one of a series that has been designed to give you essential information on sexually transmitted infections (STIs). It's important that you know about STIs as they are more common than many people think, and some can cause serious health problems if they aren't diagnosed and treated.

Non-specific urethritis is one of the most common STIs in men.

What is non-specific urethritis (NSU)?

NSU is an inflammation of a man's urethra, which is the tube inside your penis that carries urine and semen out of your body. It can be caused by several different types of bacteria, the most common being chlamydia.

In rare cases, if NSU is left untreated it can cause inflammation of your testicles and reduce your fertility, which means you are less likely to be able to have children.

How is NSU transmitted?

You can get NSU through vaginal, oral or anal sex if you don't use a condom. You're also at risk of infection if you touch your penis after touching an infected vagina or penis.

NSU can also be caused by something other than an infection, such as a reaction to things like soap, heavy alcohol consumption or after a lot of sexual activity or masturbation.

How would I know if I had NSU?

Some men do not have any symptoms but any symptoms that occur do so within four weeks after you've become infected. These include:

- unusual whitish discharge (liquid) from your penis
- a burning sensation when urinating
- burning, itching or irritation inside your penis
- needing to urinate more than normal.

How is it diagnosed?

After looking for symptoms, the doctor or nurse will take a small sample from the tip of your penis or just inside the urethra with cotton wool or a swab. This can be quite uncomfortable for a second or two.

Some clinics will ask you to provide a urine sample instead of using swabs.