

# Non-Gonococcal Urethritis (NGU)

## What is non-gonococcal urethritis (NGU)?

- NGU is the broad name of sexually transmitted infections (STIs) that occur in males and are caused by germs other than gonorrhea bacteria.
- NGU occurs in the urethra, the tube where urine is passed from the bladder to outside the body.

## What causes NGU?

- About 30% of the time, NGU is caused by *Chlamydia trachomatis* bacteria (which cause chlamydia).
- Other causes include *Mycoplasma genitalium* bacteria, *Trichomonas vaginalis* (which cause “trich”) or herpes viruses.

## How is NGU spread?

- NGU may be spread by having unprotected sexual contact (oral, anal or vaginal) with a person who is infected with any of the germs listed above.

## What are the symptoms of NGU?

- It is common that men may have no symptoms.
- If symptoms do occur, they may take one to five weeks to show up.
- Symptoms include:
  - A clear to white discharge from the penis;
  - Difficult or painful urination;
  - Urinary frequency;
  - Irritation at the opening of the penis.

## How is NGU diagnosed?

- NGU is diagnosed by taking a sample of fluid from the penis and testing it.

## How is NGU treated?

- When NGU is caused by bacteria, it can be treated with an antibiotic.
- For viral infections such as herpes, antibiotics will not be effective and the disease will have to run its course.
- Regular sexual partners of males with NGU must be treated to prevent re-infection.
- If symptoms continue after treatment, it is important that you and your partner(s) return to your doctor or STI clinic.

## What are the long-term problems of NGU?

- If NGU is not treated, it can lead to serious problems such as epididymitis which is an inflammation of the tubes that carry sperm from the testicles.
- This may cause scarring of these tubes and result in sterility.

## What will decrease the risk of getting NGU?

- The best way to prevent all STIs is to abstain from sexual contact or to be in a relationship with one partner who has been tested for STIs and is not infected, and you only have sex with each other.
- Limit the number of sexual partners you have.
- Use a condom during sex. This will help to protect you and your partner against STIs.
- Avoid sexual contact if you or your partner are being treated for or have symptoms of an STI.

## Sexually Transmitted Infection

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**For more information contact:  
your local public health office,  
OR your physician or nurse practitioner,  
OR HealthLine at 811,  
OR the following sexual health clinics:**

Saskatoon Sexual Health Program  
#100 – 310 Idylwyld Drive North  
SASKATOON, SK S7L 0Z2  
*To speak with a nurse Mon-Fri, 9-12 pm*  
Phone: 306-655-4642

Regina STI Clinic  
2110 Hamilton Street  
REGINA, SK S4P 2E3  
Phone: 306-766-7788

Prince Albert Parkland Sexual Health Clinic  
101 15<sup>th</sup> Street East  
PRINCE ALBERT, SK S6V 1G1  
Phone: 306-765-6540

Battlefords Sexual Health Clinic  
Rm. 104, 1192 – 101 Street  
NORTH BATTLEFORD, SK S9A 0Z6  
Phone: 306-937-6846

Meadow Lake Sexual Health Services  
Meadow Lake Associate Clinic  
218 Centre St.  
MEADOW LAKE, SK S9X 1H2  
*To speak with a Nurse Tue 1-4:30 pm*  
Phone: 306-236-5661

**References:** *Canadian Guidelines on Sexually Transmitted Infections, Public Health Agency of Canada (2008);*  
<http://www.stdsincolor.com/ngu.php>;  
[http://my.clevelandclinic.org/disorders/nongonococcal\\_urethritis/hic\\_nongonococcal\\_urethritis\\_ngu\\_in\\_men.aspx](http://my.clevelandclinic.org/disorders/nongonococcal_urethritis/hic_nongonococcal_urethritis_ngu_in_men.aspx)