

Who can I contact for more help or information?

To access sexual health services:

- For a same day appointment text BMTHM to **07537 404253**
- To book online visit: <https://sds-booking.rbch.nhs.uk>
- To book an appointment by phone, call **01202 704644** and choose **option 1**

Clinic times are available here: www.sexualhealthdorset.org

You can also contact our urology nurse practitioners (Monday-Friday, 8am-4pm) on **01202 704871**

The following links may also be helpful:

www.baus.org.uk

www.patient.co.uk

www.patientinformation.co.uk

www.nhsdirect.nhs.uk

Our mission

Providing the excellent care we would expect for our own families.

The Royal Bournemouth Hospital,
Castle Lane East, Bournemouth, Dorset, BH7 7DW

The Bournemouth Hospital Charity raises funds for the Bournemouth and Christchurch Hospitals to enhance patient care and purchase items which directly benefit patients and staff above and beyond that which can be funded by the NHS alone.

If you would like to contribute to the Bournemouth Hospital Charity please contact them on **01202 704060**, email charity@rbch.nhs.uk or visit www.bournemouthhospitalcharity.org.

If you have any queries or concerns about your care at the Royal Bournemouth and Christchurch Hospitals NHS Foundation Trust, the Patient Advice and Liaison Service (PALS) would be happy to help you and can be contacted on **01202 704886/704301** or pals@rbch.nhs.uk.

If you would like this leaflet printed in a larger font, please contact the Communications Team on **01202 704905** during the office hours of 8.30am-5pm Monday - Friday.



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A guide to epididymo-orchitis

What is epididymo-orchitis?

Epididymo-orchitis is a condition characterised by pain and swelling in the scrotum. It is caused by infection and inflammation in the epididymis and/or testicle.

Epididymitis means inflammation of the epididymis. This is the structure which lies behind the testicle and is involved in storing and transporting sperm made in the testicle.

Orchitis means inflammation of the testicle.

As both structures are so close together, it is often difficult to tell if the epididymis, testicle, or both are inflamed, which is why the term epididymo-orchitis is frequently used.

What causes epididymo-orchitis?

There are two main causes of epididymo-orchitis. It may be caused by a Sexually Transmitted Infection (STI) in the water pipe, such as chlamydia or gonorrhoea. Alternatively it can be caused by a urine infection, which spreads from the bladder. Procedures such as catheterisation or cystoscopy can increase the risk of this happening.

Epididymo-orchitis can also be caused by less common infections such as tuberculosis or mumps.

What are the symptoms of epididymo-orchitis?

The most common symptoms are pain and swelling in one, or sometimes both, testicles and/or epididymides. This can come on quite rapidly and be associated with scrotal swelling and redness. Some men also develop discharge from the tip of the penis and some experience pain when passing urine.

As with any infection you may also feel generally unwell and develop a high temperature (fever).

How do I get tested for epididymo-orchitis?

Epididymo-orchitis is diagnosed after a medical assessment, which includes a sexual health screen and urine tests. Some men will also have an ultrasound scan.

How is epididymo-orchitis treated?

Epididymo-orchitis is treated with antibiotics that cover the most likely cause of the infection. Some of the antibiotics are given as an injection as well as tablets.

We also recommend:

- rest
- scrotal support with supportive pants
- regular pain relief with pain killers such as ibuprofen

Does my partner need to be treated?

If you have been diagnosed with an STI, or are deemed at high risk for contracting an STI, all recent sexual partners need to have a full sexual health screen and treatment with appropriate antibiotics. This helps to prevent repeated infections.

When will I be able to have sex again?

You must not have sex until you have completed the course of antibiotics you have been prescribed. If you have been diagnosed with an STI, or are deemed at high risk for contracting an STI, then you must not have sex until both you and your partner have completed the course of antibiotics.

What happens if epididymo-orchitis is not treated?

If untreated, the pain and swelling of epididymo-orchitis can last much longer.

Untreated infection can also lead to complications such as:

- long term or chronic pain
- testicular abscess
- loss of fertility

What if my symptoms get worse/aren't improving?

Pain associated with epididymo-orchitis usually improves after a few days, although the swelling can take several weeks to go down.

If your symptoms get worse or do not improve within three days of starting treatment, you should seek further medical attention.