



**You have been given this leaflet because you have had sex with a male who has been diagnosed with epididymitis or prostatitis.**

#### **What are epididymitis and prostatitis?**

Epididymitis is an infection of the epididymis, which is the part of the testicle where sperm are stored. It causes pain, tenderness and sometimes swelling of the testicles. Prostatitis is an infection of the prostate gland, which surrounds the urethra (water pipe) at the base of the bladder, and produces the fluid that mixes with sperm to make semen (cum). It causes pain which can be felt anywhere in the pelvis, including the penis, groins and testicles. Men with epididymitis and prostatitis often also have pain on passing urine or ejaculation. Women cannot develop epididymitis and prostatitis, as they do not have testicles or a prostate gland.

#### **What causes epididymitis and prostatitis?**

Some infections are caused by a bacterium called Chlamydia, which is passed on through sex, but in most cases a specific cause is not identified. It can sometimes be caused by normal "gut" bacteria after giving anal sex without a condom. In older men, epididymitis is more likely due to a urine infection.

#### **Do I need treatment?**

Most partners of men with epididymitis or prostatitis do not have any symptoms. However it is very important that they are also tested and treated. This is because

- Infections such as Chlamydia can lie dormant, without causing symptoms, for many years. If they are not treated they can cause complications such as infertility, an ectopic pregnancy, or chronic pain in women.
- Even if no specific cause is identified, it is important that your partner is also treated, to prevent any infection being passed back and forth between you. Epididymitis and prostatitis often occur in long-standing relationships where both partners are faithful, but are more likely to recur if both partners are not treated at the same time.

#### **How can I get tested and treated?**

**We recommend that you do not have sex until you have been tested and treated.**

- Contact your nearest Sexual Health Dorset clinic – visit our website <https://sexualhealthdorset.org> for details or telephone 0300 303 1948.
- If you live in Dorset, you can request a kit for home sampling for STI testing from SH:24 [sh24.org.uk](http://sh24.org.uk); however you will still need to attend a clinic or your GP to get treatment.
- If you do not live in Dorset, see the NHS website <https://www.nhs.uk/> for your nearest clinic.
- Your GP can prescribe treatment for you if you show this leaflet to them (NB FP10 prescriptions endorsed "FS" are dispensed by community pharmacies free of charge).

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#### **Instructions to the clinic or GP practice who sees and treats the contact:**

- *Please screen the contact as appropriate; however as current tests are unreliable, and a specific bacterial cause for epididymitis and prostatitis are rarely identified, empirical treatment should be given even if the results are negative.*
- *Recommended treatments are **doxycycline 100mg bd x 1 week or azithromycin 1g stat, followed by 500mg daily for 2 days.***
- *Contact Sexual Health Dorset for advice if needed, via telephone 0300 303 1948, e-mail, or Consultant Connect.*
- *Please telephone the health adviser at Sexual Health Dorset (0300 303 1948, option 4), to confirm that the contact has been treated, quoting this reference:*

Reference: (Sexual Health Dorset ID or other identifier such as NHS number): \_\_\_\_\_