



You have been given this leaflet because you have had sex with a male who has been diagnosed with non-specific urethritis or NSU.

What is NSU?

Urethritis means inflammation of a man's urethra (water pipe). It can be due to a sexually transmitted infection, such as chlamydia or gonorrhoea; however there are cases where we are not able to identify a specific bacteria or other cause, and this is termed non-specific urethritis or NSU. There are several possible causes for NSU.

- Even our best tests are not completely accurate. Some partners of men with NSU have chlamydia, and if they tested negative it is likely that this will be a false-negative test.
- Some cases of NSU are due to less common infections that that we do not routinely test for, such as adenovirus, Neisseria meningitidis (both of which normally live in the throat) or Mycoplasma genitalium.
- Some cases of NSU are probably due to an infection which we currently don't know about or cannot test for.
- Some cases of NSU are not due to infection at all. Inflammation of the urethra can also be caused by trauma, irritants, or skin conditions. However it is often impossible to distinguish these cases from an infection.

What are the symptoms of NSU?

Men can develop burning when passing urine or irritation of the urethra, sometimes associated with discharge from the penis. Pain and swelling of the testicles usually means that the infection has spread from the urethra. Most partners of men with NSU do not have any symptoms, but some women can develop pelvic inflammatory disease (PID).

Do I need treatment?

It is difficult for those diagnosed with NSU to understand how they could have an infection or why their partner should be treated, even though no specific infection has been diagnosed. However it is very important that they are also tested and treated, to prevent any infection being passed back and forth between you, or to prevent them developing a more serious infection such as PID. We advise that all current and recent sexual partners (female or male), within the last 4 weeks of a man having developed symptoms of NSU, are treated.

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; 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).

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): _____