

# EPIDIDYMITIS

Epididymitis is inflammation and pain of the tube around the testicle or sometimes the testicle itself. It is usually, but not always, caused by bacteria that are sexually transmitted such as chlamydia and gonorrhea.

## ***How is Epididymitis spread?***

The bacteria that cause epididymitis can be passed from one person to another during vaginal, anal, and oral sex.

## ***What do I look for?***

Pain, swelling or redness and heat of the testicles (balls) or scrotum (ball-sack). You may also have pain when you urinate or discharge from the penis.

## ***Is Epididymitis serious?***

Yes. The infection can spread from the scrotum to other parts of the body. Epididymitis can make it harder for you to have children. Epididymitis may cause pain that lasts even after you are cured.

## ***What will happen if I have Epididymitis?***

- You will be given antibiotic medicine. We will check your urine for gonorrhea and chlamydia. *It is important to finish your medication to completely kill the bacteria.*
- Your sex partners must be treated. If they aren't treated, they could give the infection back to you, or infect others.
- Don't have sex for two (2) full weeks after you start the medicine. Don't have sex with your partner while you are both taking your medicine.
- You can treat the pain from epididymitis with hot baths, ibuprofen and wearing underpants that provide a lot of support.
- Even if your test for chlamydia and gonorrhea is negative, it doesn't mean that you didn't have an infection. Remember, there are several different causes of epididymitis, some that we are not able to test for.
- Come back to the clinic in 3 days so that we can make sure we gave you the right medicine and that you are getting better. If your pain is worse or you get a fever or feel sick, go to the emergency room.

## ***How do I avoid getting Epididymitis?***

- Plan ahead! Protect yourself!
- If you're thinking of having sex with a new partner:
  - Talk about STDs.
  - Talk about having safer sex by using male or female (i.e. "internal") condoms 100% of the time.

If you contracted Epididymitis from rectal sex, and you do not know the HIV status of that sexual partner, you should be tested for HIV. Talk to your clinician about how to protect yourself from HIV and other STIs.

**For more information:**

Please talk with your City Clinic clinician or your own health care provider. The following websites also offer helpful information:

**General STD**

[www.ashasexualhealth.org](http://www.ashasexualhealth.org) (also in Español)  
[www.cdc.gov/std/](http://www.cdc.gov/std/)  
[www.sfcityclinic.org](http://www.sfcityclinic.org)  
[www.sfsi.org/](http://www.sfsi.org/)

**Contraception and STD/sex info**

[www.bedsider.org](http://www.bedsider.org)

**Teens**

[www.iwannaknow.org](http://www.iwannaknow.org)  
[www.amplifyyourvoice.org](http://www.amplifyyourvoice.org) (also in Español)  
[www.kidshealth.org/teen](http://www.kidshealth.org/teen) (also in Español)  
[www.scarleteen.com](http://www.scarleteen.com)

For a STD check-up or treatment,  
see your doctor, local clinic, or come to:



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